

The Coil (Intrauterine Device) & The Mirena (Intrauterine System)



Easy Read Booklet

Coil (Intrauterine Device) & Mirena (Intrauterine System)



There are two types of coils.

Copper Coil (IUD)

The coil is a small copper and plastic device.

It contains no hormones.

It can last between 5-10 years.

**5 – 10
Years**



Mirena (IUS)

Contains hormones.

It can last for 5 years.

**5
Years**



Talk to your doctor about having a coil fitted.



The coil is put into your uterus (womb) by a doctor.



The coil is very effective and can stop you having a baby.

After the coil is fitted



Your tummy may be sore (cramping).

Take some tablets (Paracetamol).



You may bleed for a few days.



Periods may stop, be heavier, or last longer.

Periods may be more painful.

This may improve after a few months.



Some women have headaches, mood changes and boobs (breast) tenderness at first.

This usually settles after a few months.



You can take other medicines.



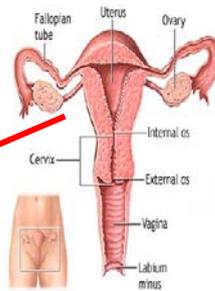
You should have a health check **6 weeks** after having the coil fitted.

Talk to your doctor or nurse if you are worried.

Possible Problems



The coil may fall out.



The coil may make a hole (Perforate) in your womb.



Sometimes you can get an infection. Usually in the first 3 weeks after the coil is fitted.



You might have an Ectopic pregnancy (baby grows but not in the womb).

These problems are not common.



Talk to your doctor or nurse if you are worried.

**FREE
CONDOMS
NO FUSS**



To get free condoms go to
The doctor (GP), local clinic
or chemist.



Or call 0300 303 0251 for your
nearest centre.

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