



# INTRAUTERINE COIL DEVICE INSERTION AFTERCARE INFORMATION LEAFLET

*Please read this leaflet carefully*

- Cramping is common after Coil insertion. You can help relieve the discomfort with a heat pack. Paracetamol or Ibuprofen can also help; remember to take according to instructions on the box.
- Irregular bleeding and spotting is normal for the first few months after levonorgestrel “coil” insertion. In some cases, irregular bleeding can occur.
- Bleeding can become heavier at first and then lighter with each period, especially with the Mirena device. Some women will have no periods at all after the first few months.
- Some women notice the effects of the levonorgestrel hormone in their system. Bloating, mood changes, acne, headaches & breast tenderness have all been reported. If these occur, they usually settle & improve within a few months. If they persist or are particularly troublesome, you should contact your GP.
- If you have a copper “coil” inserted your cycle of periods should continue as previously. Periods may be heavier or more painful.
- It is important to attend your GP 6-12 weeks after insertion of the “coil” to check that the “strings” can be seen, as on rare occasions the device can move either deeper within the pelvic organs or outward into the vagina. This can happen without a woman realising it. Following the first check 6-12 weeks after insertion, your “coil” can be monitored by your GP once a year.
- Alternatively, you can check yourself to see if the “coil” is in your womb if you are happy to do that. Wash your hands. Place your thumb or index finger into the deepest part of your vagina where you should be able to feel the tips of the plastic ‘strings’.

For non-urgent queries after attending the clinic, please call the Gynaecology Clinic Office.

**You should contact your GP if you:**

- Are unable to feel the “strings”
- Have a missed period with a copper “coil”
- Have a positive home pregnancy test
- Have an “coil” that falls out or seems to be coming through the cervix

**You should call the hospital if you suffer from any of the following:**

1. Abdominal pain or bloating that is severe, lasts for one hour or more, and is not relieved after taking the recommended dose of pain medication.
2. Vaginal bleeding that is heavy (heavier than a menstrual period or completely soaks a large sanitary pad) and continues for more than one hour.
3. Smelly, green, or dark yellow vaginal discharge.
4. A very high temperature (more than 39 degrees Celsius) or low temperature (below 36 degrees Celsius). If you are checking your temperature, take it 3 times in a 10 minute period, to ensure it is accurate.

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