

## **Coil Fitting and Removal**

***Expert family planning care in a discreet, comfortable and stress-free environment***

### **What is the Coil?**

Bella Vou offers specialist family planning. A female GP with over 18 years' experience leads the service. Dr Gail Ball is highly-skilled in the safe insertion and removal of Intrauterine Devices and Intrauterine Systems for long-term pregnancy protection.

**The Coil or IUD** is a fine plastic and copper contraceptive device. It is placed in the neck of the womb and works by stopping any fertilized egg implanting in the uterus. It does not affect your regular cycle, so your period should follow its usual pattern. However, bleeding can be heavier. The coil can protect against pregnancy for between five and ten years and is around 99% effective as a contraceptive method.

**The Mirena or IUS** is a type of coil that also releases small amounts of the hormone progesterone. It prevents the lining of your womb thickening and acts as a contraceptive. In the early weeks, there may be irregular spotting and bleeding, but later the bleeding should be light, and many women's periods stop altogether. It protects against pregnancy for five years and is also around 99% effective.

### **Why have the coil?**

The coil is a practical, long-term contraceptive method. When in place, it allows sex to be spontaneous, and there are no pills to remember. The coil can be easily removed by a specially-trained professional, immediately restoring your fertility when you're ready to try to conceive.

The intrauterine system or IUS can also be an effective way of treating heavy or painful periods.

### **What happens in Coil Fitting and Removal?**

Coil Fitting and Removal at Bella Vou is performed in the clinic's comfortable and discreet consulting rooms. For the vast majority of women, no anaesthetic is needed. However, local is available for women who have had problems with previous insertions.

#### **Coil fitting:**

The procedure is a little like a smear test. The doctor will carefully insert a speculum to open up the vagina, then place the fine t-shaped device in the neck of the womb. When the coil is safely in position, they will trim the fine cords connected to the coil and remove the speculum.

**Coil removal:**

When the coil is removed, the doctor will also insert a speculum so that they can see the cervix and the strings attached to the device.

Using a sterile instrument, they will gently pull the strings to remove the coil. At this stage, another device can be inserted if you require ongoing contraception.

**How long is recovery from Coil Fitting and Removal?**

There is usually no downtime following Coil Fitting and Removal. Most women feel fit and well and ready to get straight back to their usual activities.

Some women feel a little shaky and have period-like pain afterwards. The Bella Vou staff will offer you a hot drink, a snack, and some painkillers to ease the cramps. They will provide support and monitor your recovery until you feel ready to go home.

You will need to be checked at the clinic after three to six weeks to make you're healthy, and the device is still in position.

**Quick glance guide to Coil Fitting and Removal**

**Procedure Time:** 10-15 minutes

**Recovery:** No downtime

**Anaesthetic:** None, but local available if needed

**Hospital stay:** No

**Treats:** Long-term contraception

**Why choose Bella Vou for Coil Fitting and Removal?**

Bella Vou offers clients a uniquely individual approach to cosmetic surgery, aesthetic treatments, and intimate health care. The state-of-the-art clinic provides the latest procedures in a discreet, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou's doctors are highly-skilled and experienced in family planning and intimate health care. Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a personal touch, throughout your treatment journey. The skilled staff is passionate about helping people achieve the results they want and making their experience pleasant and stress-free.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is approved and inspected regularly to ensure the highest standards of patient care and assured with exacting standards on cleanliness and infection control safeguards. The staff at Bella Vou are professional, highly qualified, and led by

cosmetic surgeons recognised by the most reputable aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS).

***Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.***

## **Your Coil Fitting and Removal journey at Bella Vou**

### **Free, no-obligation consultation**

Bella Vou offers every client a free consultation with an expert. The consultation is an opportunity to discuss your health and wellbeing and any concerns you have.

The clinic's doctor, surgeons, and nurses will always offer an honest, impartial and professional opinion. Leading plastic surgeon Mr Amir Nakhdjvani says:

*'At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'*

### **Preparation for Coil Fitting and Removal**

Your doctor will take a full medical history and find out the details of your periods and any previous pregnancies. So long as you're not pregnant, a coil can be fitted at any stage of your menstrual cycle. If it's fitted on the day your period started, or in the following week, you'll be immediately protected against pregnancy. At any other time, you should use condoms for seven days.

The GP may perform a pelvic examination to check the position of the womb. They may also take a swab to make sure there are no infections.

### **What happens during Coil Fitting and Removal?**

Coil Fitting and Removal at Bella Vou is performed in the clinic's comfortable and discreet consulting rooms. For the great majority of women, no anaesthetic is needed. However, local is available for women who have had painful or difficult coil insertion in the past.

You will be asked to remove your lower items of clothing and lie on a couch. The supportive staff will provide a sheet to maintain your dignity and modesty.

The procedure is similar to a smear test. The doctor will carefully insert a sterile speculum, using lubricant jelly to make it easier and more comfortable. The GP will open up the speculum so that they can clearly see the cervix. Using fine, specially-designed instruments, they will place the t-shaped device in the neck of the womb. When the coil is in position, they will trim the threads connected to the coil and remove the speculum.

The procedure is similar for coil removal. Using a sterile instrument, the doctor will grab the coil's strings, then gently pull to remove the device.

## **Recovery from Coil Fitting and Removal**

You will be able to go home after the procedure. There is no downtime, but if you are feeling a little shaky, the staff at Bella Vou will provide support, give you a drink and a snack, and offer painkillers to relieve any cramping pain.

You may have some spotting and bleeding for a few days, so it's sensible to keep a pad close at hand to prevent any little leaks.

The Bella Vou team will arrange follow-up at the clinic after three to six weeks. The GP will check the coil, make sure you're feeling well, and answer any questions you may have.

## **FAQs**

### **How soon can I try to get pregnant after the coil is removed?**

After the coil is removed, your body will be ready and able to conceive whenever you next ovulate. There's no need to watch and wait. Your fertility should return almost immediately.

### **Can I remove my coil myself?**

You may be able to feel the strings of your coil- but that doesn't mean that it's safe to give them a sharp tug. A specially trained doctor or nurse should carefully remove the coil. Any DIY efforts could cause internal damage. The good news is that removal is usually more straightforward and less uncomfortable than the process of insertion. The coil can be removed at any time in your cycle, so book an appointment for expert, safe coil removal.

### **Could I get pregnant with the coil?**

No contraceptive method is a hundred percent effective, and that includes the coil. If you've got a coil and think you may be pregnant, then make an appointment to see your doctor soon. You are at a slightly increased risk of ectopic pregnancy in the fallopian tubes, which can put your health and your life at risk. Also, having a coil can increase the risk of miscarriage. The process of removing the coil can itself occasionally trigger a miscarriage, but in general, it is safer than leaving it in place. Chat to your doctor for more advice and guidance.

### **Do I have to remove the IUS when I'm near the menopause?**

If you're forty five or more when you have the IUS inserted, it can safely be left in position until you reach the menopause or no longer need contraception.

### **Can the coil help heavy periods?**

The copper coil can make your periods heavier. However, the Intrauterine System is a type of coil that also releases small amounts of the hormone progesterone. It prevents the lining of your womb thickening and also acts as a contraceptive. In the early weeks, there may be irregular spotting and bleeding, but later the bleeding should be light, and many women's periods stop altogether. It can be an effective way of treating heavy or painful periods.

### **I was very sick and shaky when I had my last coil. Can you prevent that?**

Uncommonly, placing the coil in the neck of the womb can cause women to experience a kind of shock. They may feel sick, clammy, and faint. Over a few minutes, the feelings should settle.

Dr Ball is very experienced at coil insertion. If you feel uncomfortable, you can stay lying on the couch, supported and monitored by the expert team until you have recovered.