


## Will I be suitable for an implant?

The vast majority of women can have an implant fitted without any problems.

Your Health Care Provider will need to check a few details with you such as the nature of your periods and your medical history. Very occasionally some medications can interfere with the effect of the hormonal implant. Your Health Care Provider will check this for you.

Before a coil can be fitted it is very important that there is no risk of pregnancy. You will need to continue using a reliable method of contraception up until your appointment.



It's really important to me to not get pregnant at this point in my life.

## How do I get one?

This service is available in a surgery near you.

**Please see your GP receptionist to book in.**



USING A COIL OR IMPLANT  
**LESS THAN 1 IN 100**  
WOMEN WILL GET  
PREGNANT PER YEAR\*  
COMPARED WITH THE  
COMBINED PILL WHERE  
**9 IN 100**  
WILL GET PREGNANT.

\*James Trussell. Contraception. 2011 83(5): 397-404



Brighter Birkenhead PCN  
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## Coil & Implant Fitting Service

I didn't realise a coil could be part of my HRT.

## What is a coil?

A coil is a small T-shaped device inserted into the womb (uterus) that can be used for contraception, heavy periods or as part of hormone replacement therapy (HRT) for the menopause.

There are two types of contraceptive coil: the copper coil (IUD) and the hormonal coil (IUS). The copper coil (IUD) *does not contain any hormones* but prevents sperm from surviving. It lasts up to 10 years.

The hormonal coil (IUS) releases a very low dose of hormone called progestogen into the womb. This hormone thins the lining of your womb to prevent you getting pregnant. It lasts between 3-7 years (depending on which device and the age at which it is inserted).

## What is an Implant?

**An Implant is a small flexible plastic rod (4cm) that is placed under the skin in your upper arm. It only takes a few minutes to put in and feels similar to having an injection.**

It releases a hormone called progestogen into your blood stream to prevent pregnancy and lasts 3 years.

The procedure involves using a small amount of anaesthetic during the insertion to numb the part of your arm where the implant will go. You will not need any stitches.

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## Your long-term contraceptive options

	Copper Coil (IUD)	Hormonal Coil (IUS)	Implant
Duration	5 – 10 years	3-7 years*	3 years
How effective is it?	>99%**	>99%**	>99%**
Benefits	Non-hormonal  Can be removed easily at any time by a trained Health Care Provider	Low dose daily hormone  Can treat heavy periods  Can be removed easily at any time by a trained Health Care Provider	Can be removed easily at any time by a trained Health Care Provider
Things to consider	May cause heavier bleeding	May cause a change in bleeding pattern	May cause a change in bleeding pattern
If you should experience problematic bleeding with any of these contraceptive methods please consult with your health care provider as there are many options available to treat this.			

\* depending on which device & the age at which it is inserted  
\*\*James Trussell. Contraception. 2011 83(5): 397-404

## Will I be suitable for a coil?

The vast majority of women can have a coil fitted without any problems.

Your Health Care Provider will need to check a few details with you such as the nature of your periods. They will also check your medical history to make sure that there are no health reasons that could prevent you having a coil fitted.

Before a coil can be fitted it is very important that there is no risk of pregnancy. You will need to continue using a reliable method of contraception up until your appointment.

