

Aftercare for a coil fit

- You may experience some bleeding and crampy abdominal pain for the first few days
- Avoid using tampons or moon cups or having intercourse for 3 days after your coil fit
- The Mirena, Kyleena or Jaydess coil will not be effective for contraception for 7 days after your fit. The copper coil is effective immediately
- Always report severe pain, any offensive or smelly discharge or heavy bleeding
- If you cannot feel the treads of your coil then please seek medical advice
- With the Mirena/Kyleena/Jaydess expect irregular bleeding for the first 4 months. This should lighten and shorten over time and your periods may stop completely.
- If you have a new partner it is recommended to use condoms until you have both been screened for sexually transmitted infections. Coils can make you more prone to pelvic inflammatory disease if you are exposed to an infection.