How can I help to reduce healthcare associated infections?
Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming into and after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

www.buckshealthcare.nhs.uk
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How to check your coil threads after a coil fit (copper coil or Mirena)

Patient information leaflet
If you want this leaflet in another language please call the Consultant Gynaecologist’s Secretaries (pg 3)
Checking your coil threads
There are two threads attached to the bottom of the IUD (intrauterine device) that come down the uterus and out of the cervix. When in place, they sit high up in the vaginal canal.

These threads allow you to check that your coil remains in place. They are also there so that your doctor can remove your IUD at a later date.

Your IUD may stop working if it slips either partially or completely out of place (known as expulsion). You may not experience any symptoms if this happens, so it's important to check the threads regularly.

How to check my coil threads:
- Wash your hands
- Either sit or squat
- Insert your index or middle finger into your vagina, until you touch the cervix (which should feel like the tip of your nose)
- If you can feel both the IUD threads, then your IUD is in place
- If the IUD threads feel longer or shorter than the last time you checked, or you cannot feel them at all, then your IUD may have moved

When should I check my IUD threads?
You should check your IUD every three or four weeks after fitting because if your IUD is going to move out of place, it will most likely do so in the first few months after it's been inserted; or during your period.

If you are unable to feel your IUD threads, you should check your pads or tampons to ensure that it has not come out.

After this initial period, it is then recommended that you check your IUD threads every few months.

What should I do if I think my IUD has moved?
If your IUD has moved, it will need to be put back in place by a doctor.

DO NOT try to push the IUD back up into place. Contact CV Health on 01494 412525 to make a follow up appointment.

Until you can get to a doctor, make sure that you use a back-up birth control method, like a condom.

You may choose to have the IUD threads cut shorter if they can be felt by your sexual partner, however, this will obviously make it more difficult for you to check them.

Useful Contact Numbers
Stoke Mandeville Hospital
Consultant Gynaecologists 01296 316239/6548

Wycombe Hospital
Consultant Gynaecologists 01494 425009/425724

Please Note:
This leaflet explains some of the most common side-effects that some people may experience. However, it is not comprehensive. If you experience other side-effects and want to ask anything else related to your treatment please speak to your GP.

We continually strive to improve the quality of information given to patients. If you have any comments or suggestions regarding this information booklet, please contact:

Division of Women, Children & Sexual Health Services Buckinghamshire Healthcare NHS Trust Stoke Mandeville Hospital Mandeville Road Aylesbury, Buckinghamshire, HP21 8AL