What you need to know about the **Coil**

The coil is one of the best methods of contraception.

Using a coil will reduce a woman’s chances of becoming pregnant.
The coil is a small device which is put into your womb.

There are 2 types of coil.

**Copper coil (IUD)**
This contains no hormones and can last between 5 to 10 years.

**Hormonal coil (IUS)**
This contains hormones and last 5 years.

The coil must be fitted by a doctor.
If you want to know more about the coil, speak to your GP or ask at the sexual health clinic.

Your periods may change when you have a coil fitted. Speak to your doctor if you are worried.

The coil cannot protect you from sexually transmitted infections. Condoms will. Use a condom when having sex.
Advice is available from Sexual Health D&G

If you have any questions or would like to make an appointment.

Please phone **0345 702 3687**

or

email: dgsexualhealth@nhs.net