

Pre coil fit advice

- Eat breakfast & lunch as normal or eat/drink something sweet at least an hour before arriving.
- Take some pain relief e.g. paracetamol or ibuprofen (or both) one hour before as you will likely experience some cramping during and after the procedure.
- It is advisable to bring someone with you or have someone to call to accompany you home. Occasionally a few women feel faint afterwards and need time to recover. Please do not drive if you feel unwell.
- If you have young children please try to arrange a baby sitter or bring someone with you to look after them while you are having your procedure.
- Take it easy for the rest of the day and relax.
- Please only use sanitary pads until after your first period. Avoid using tampons or menstrual (moon) cups for 6 weeks as these can be an infection risk.
- Avoid strenuous exercise for 24 hours.
- You will need to arrange a follow up appointment with the nurse in 6 weeks to check that the threads are visible.