

Hope House Sexual Health Services

For more information regarding contraceptive sexual health please follow the link below, or scan the QR code.




Your experience

Your views are important to us. If you need advice or have feedback on a community hospital in Gloucestershire or on our community health and adult social care services, you can contact one of the advisors from our Patient and Carer Experience Team.


All enquiries are completely confidential.

You can contact us between 9am and 5pm, Monday to Friday.

 **0300 421 8313** (answerphone available outside office hours)

 experience@ghc.nhs.uk

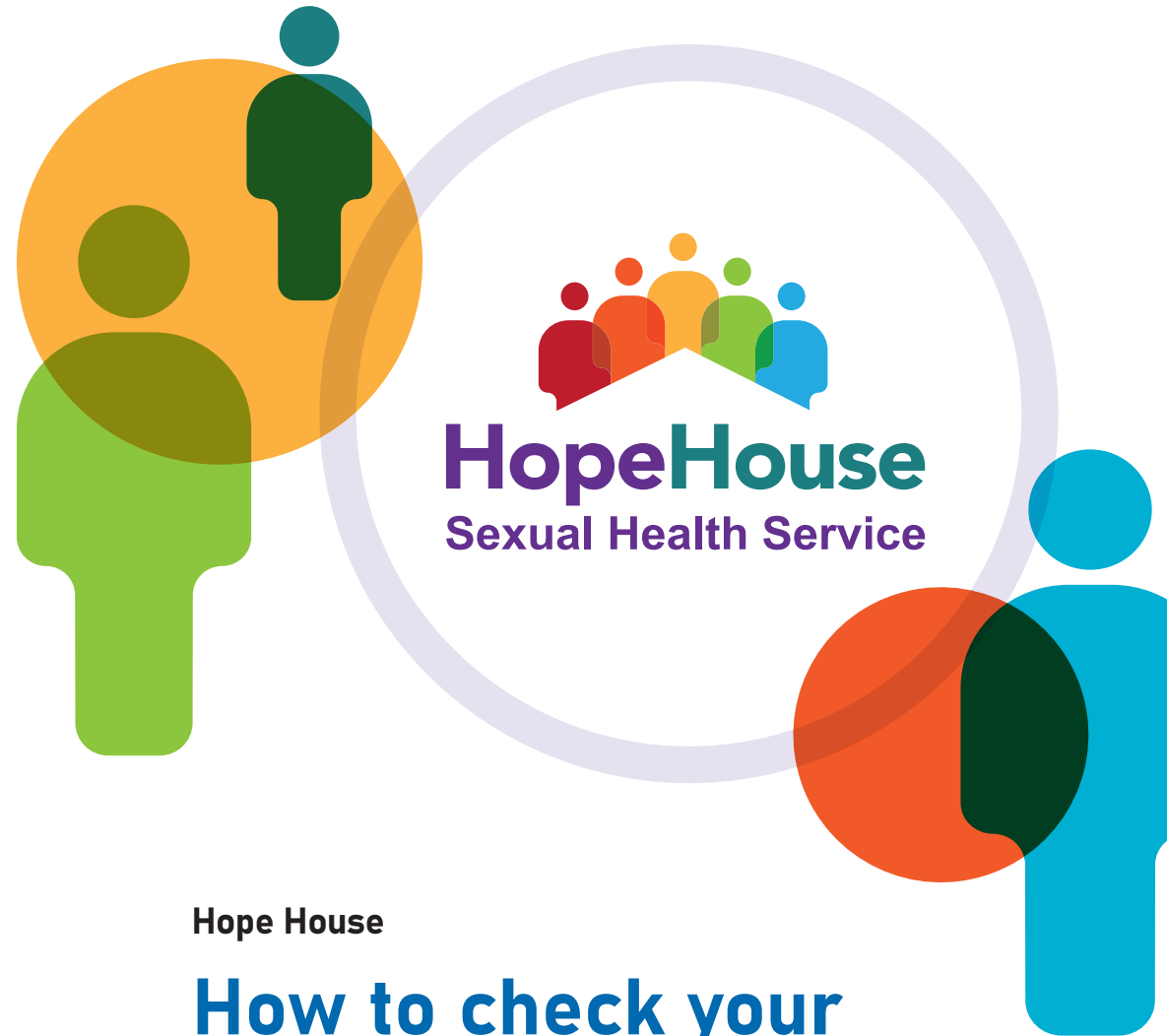
 www.ghc.nhs.uk/feedback

 **Patient and Carer Experience Team**
Gloucestershire Health and Care NHS Foundation Trust
Edward Jenner Court
1010 Pioneer Avenue
Gloucester Business Park
Brockworth
Gloucester
GL3 4AW

This leaflet can be provided in braille, audio format, PDF, large print, easy read and other languages by contacting the Communications team below:

 **0300 421 8100**

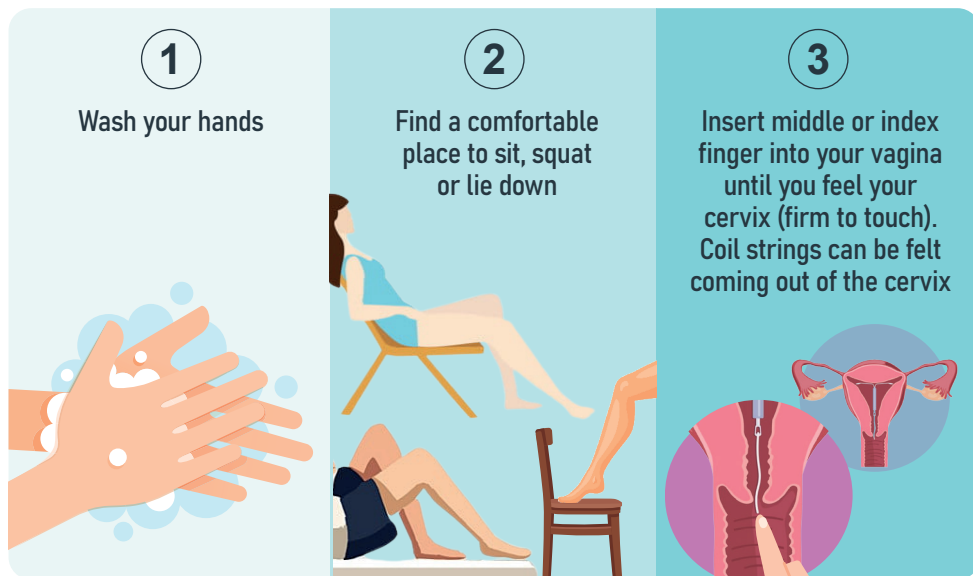
 ghc.comms@ghc.nhs.uk



Hope House

How to check your IUD strings

Coil Advice



Most of the time, missing IUD (coil) threads (threads you cannot feel on self-examination with a finger) are not a sign of anything concerning. However, sometimes missing threads can mean your coil has fallen out of the womb (been expelled) or has moved out of position, meaning you are no longer protected against pregnancy. You may not notice if your coil falls out during a period/bleeding. It is a good idea to check for your coil threads at the end of a period if you have a copper coil, or every 4-6 weeks with a hormone coil that reduces/stops your bleeding. This can reassure you that your coil is still in place and you have reliable contraception.

If you are worried your coil may have fallen out or moved, you should stop having further sexual intercourse or use an additional contraceptive barrier method such as condoms, until you see a healthcare professional. Occasionally, missing threads can mean the coil pushed through (perforated) the wall of the womb at the time of insertion - although this occurs only in 1 of every 1,000 insertions.

When your healthcare provider fits your coil, it is placed inside the womb and the threads hang out of the cervix, resting high up inside the vagina. A healthcare provider can see the strings when doing a speculum exam, but you cannot see them during a self-check. For further information visit the Verywell Health website:

www.verywellhealth.com/birth-control-iuds-4014620

How to check your coil threads

1. Wash your hands

2. Locate the cervix: Find a comfortable position sitting, lying down, squatting or standing and insert your index or middle finger into your vagina until you touch the cervix. Your cervix will feel firm and rubbery, like the tip of your nose.

3. Feel for the coil threads: They feel like pieces of soft thread coming through your cervix. If you feel threads with your fingertips, then your IUD is in place and should be working.

4. Determine if the threads have changed: If the threads feel longer or shorter than the last time you checked them, your coil may have moved. The same is true if you feel the hard plastic part of the coil with your fingertip. In either case, the IUD may need to be removed and replaced by your healthcare provider.

Never try to remove or push an IUD back in if it becomes dislodged!

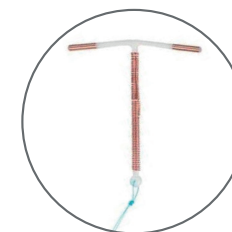
Never pull on your IUD strings!

There are two types of coil

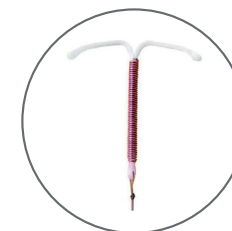
Copper non-hormone coil

These provide 5 or 10 years contraception. User will have natural menstrual cycles. Check threads at end of each period.

- T-Safe380A QL IUD (10 years)
- Nova T 380 IUD (5 years)



T-Safe380A
QL IUD
(10 years)



Nova T
380 IUD (5
years)

Levonogestrel (LNG) hormone coil

Bleeding pattern will probably change with time, usually lessening (over many months). Bleeding may stop all together. Bleeds with a hormonal coil are Not a period or sign that you are not pregnant. Check threads every 4-6 weeks.

- 52mg coil (Mirena, Levosert, Benilexa) lasts 8 years for contraceptive use.
- 19.5mg coil (Kyleena) lasts 5 years.
- 13.5mg coil (Jaydess) lasts 3 years.



Levonogestrel
(LNG)- IUD