

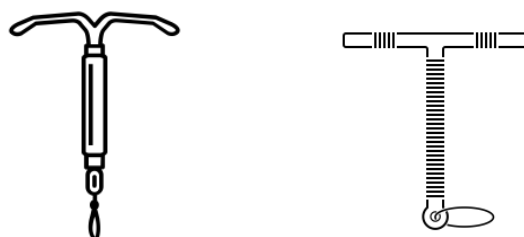
## Maternity post-birth contraception service

# Follow up care for intrauterine device (IUD) fitted post-birth (PPIUC)

## Information for patients, relatives and carers

An intrauterine device (IUD) also known as a “coil”, is a small T-shaped plastic device that's put into your womb (uterus) by a doctor, nurse or midwife. There are 2 types of IUD: the Cu-IUD contains copper and the LNG-IUD releases levonorgestrel, a hormone similar to progestogen into the womb.

When IUDs (coils) are fitted immediately after birth, the chance of the IUD coming out (expulsion) is slightly higher than normal, so an IUD check at six weeks is essential. We recommend that you have your IUD checked with an experienced clinician at your local sexual health service.

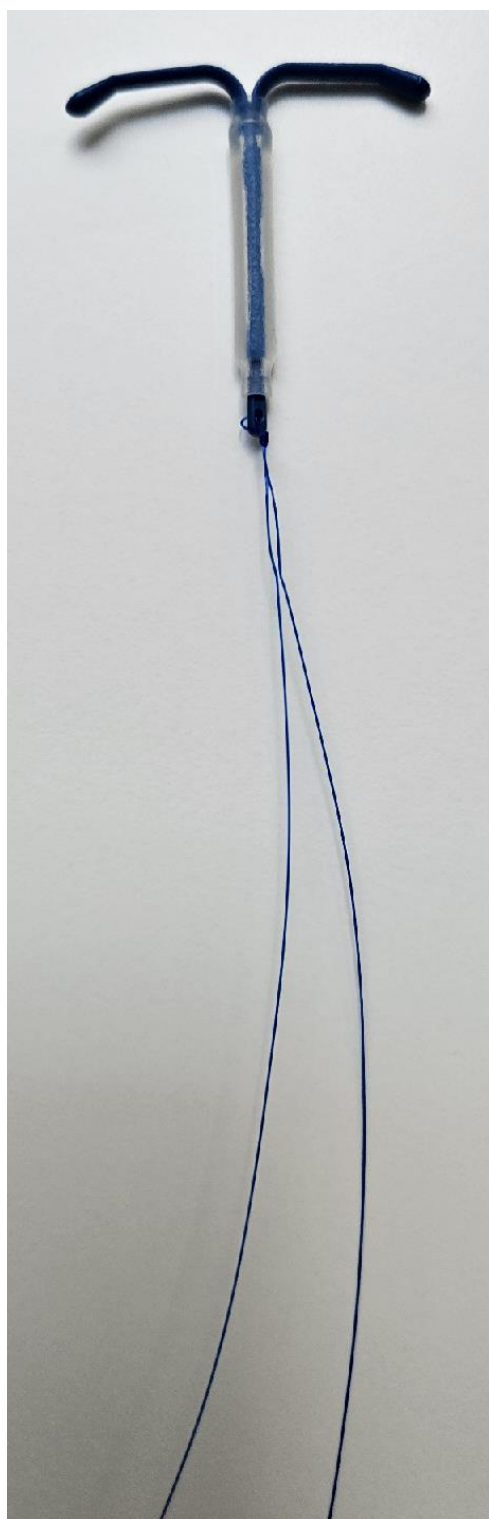


## Routine thread check at six weeks

We advise you to have your IUD checked after six weeks as this is when the uterus should be back to pre-pregnancy size, making this the appropriate time to check the device. If you live in North West London, we will refer you to your nearest sexual health clinic so that you can arrange your IUD check appointment. If you live outside of North West London, you can find your nearest clinic using the NHS Website: [www.nhs.uk](http://www.nhs.uk) and by searching for “sexual health services” using your postcode.

## What will happen when I have my IUD checked?

An experienced clinician will perform a speculum examination (similar to a smear test). They may recommend a vaginal examination or ultrasound if they think you need it.



## If your threads appear before six weeks

When IUDs are fitted post-birth the threads are left full length to allow for the gradual return of the uterus to pre-pregnancy size. This process happens gradually over the first six weeks after childbirth. During this time, the threads may come down into the vagina and possibly outside of the vaginal entrance.

If the threads come down past the vaginal entrance you can carefully trim them yourself to be level with the skin. Alternatively, you can gently fold the thread tips back inside the vagina. You can request for your threads to be trimmed earlier than six weeks if they are uncomfortable.

If you want to have your threads trimmed before six weeks, please contact your local sexual health service.

## What should I do if I experience pain during sex?

If you experience pain during sex you should make an appointment to have your IUD checked by your local sexual health clinic.

## Can my GP check my IUD?

Your GP or practice nurse might be able to check your IUD if they have had appropriate training. Not all GP practices will be able to, so you should check with yours. Your GP can look at guidance online about how to check IUDs that have been fitted immediately after a birth. Sexual health clinics specialise in intrauterine contraception (IUDs) so you should go to one if you experience any problems.

We recommend IUDs are checked by your local Sexual Health Service. You can find details of your local service on the NHS Website [www.nhs.uk](http://www.nhs.uk) and by searching for “sexual health services” and by postcode.

## Local services:

[www.imperial.nhs.uk/sexual-health](http://www.imperial.nhs.uk/sexual-health)

[www.nwlondonsexualhealth.nhs.uk/](http://www.nwlondonsexualhealth.nhs.uk/)

[www.chelwest.nhs.uk/services/hiv-sexual-health/clinics](http://www.chelwest.nhs.uk/services/hiv-sexual-health/clinics)

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## Ealing

Mattock Lane Health Centre, 78 Mattock Lane, Ealing, W13 9NZ. Tel: 0203 255 0084  
[lnwh-tr.familyplanning@nhs.net](mailto:lnwh-tr.familyplanning@nhs.net)

## Brent

Patrick Clements Clinic, 2nd floor, Central Middlesex Hospital, Acton Lane, NW10 7NS  
Tel: 020 8453 2221 [lnwh-tr.PCCGENERAL@nhs.net](mailto:lnwh-tr.PCCGENERAL@nhs.net)

## Hounslow

Sexual Health Hounslow, Twickenham House, West Middlesex Hospital, Twickenham Road  
Isleworth, TW7 6AF Tel: 020 8321 5718 [caw-tr.wm-healthadvisers@nhs.net](mailto:caw-tr.wm-healthadvisers@nhs.net)

## Chelsea & Westminster

John Hunter Clinic, 3rd floor, St Stephen's Centre (next to Chelsea & Westminster Hospital),  
369 Fulham Road, SW10 9NH. Tel: 020 3315 4040 [caw-tr.srhlevel3@nhs.net](mailto:caw-tr.srhlevel3@nhs.net)

## Hillingdon

Oaklands Medical Centre, 32 Parkway, Uxbridge, UB10 9JX.  
Tel: 0208 453 2752 [lnwh-tr.hillingdonish@nhs.net](mailto:lnwh-tr.hillingdonish@nhs.net)

## Harrow

Caryl Thomas Clinic, Headstone Drive, Wealdstone, HA1 4UQ. Tel: 020 3893 8575 [lnwh-tr.harrowish@nhs.net](mailto:lnwh-tr.harrowish@nhs.net)

## Paddington

Jefferiss Wing, St Mary's Hospital, Praed Street, W2 1NY. Tel: 020 3312 1225  
[imperial.sexualhealth.smh@nhs.net](mailto:imperial.sexualhealth.smh@nhs.net)

## Hammersmith

10HB, 10 Hammersmith Broadway, Hammersmith, W6 7AL. Tel: 020 3315 1010.  
[caw-tr.srhlevel3@nhs.net](mailto:caw-tr.srhlevel3@nhs.net)

## If you live outside of North West London

Your nearest clinic can be found using the NHS Website: [www.nhs.uk](http://www.nhs.uk) and by searching for "sexual health services" using your postcode.

[Find a sexual health clinic - NHS \(www.nhs.uk\)](http://www.nhs.uk)

**Please contact your nearest clinic to arrange an appointment if you have not been contacted by a clinic after six weeks.**

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## How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at [imperial.pals@nhs.net](mailto:imperial.pals@nhs.net) The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street  
London W2 1NY

Email: [ICHC-tr.Complaints@nhs.net](mailto:ICHC-tr.Complaints@nhs.net)

Telephone: **020 3312 1337 / 1349**

## Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:  
[imperial.communications@nhs.net](mailto:imperial.communications@nhs.net)

## Wi-fi

Wi-fi is available at our Trust. For more information visit our website: [www.imperial.nhs.uk](http://www.imperial.nhs.uk)

Maternity  
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