

Patient Information Leaflet

Intrauterine Contraception (IUC) Before your fitting appointment: Local anaesthetic options

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Will Insertion of an IUC (coil fitting) hurt?

For most women, a coil procedure is quick and easy, and any pain experienced is usually mild and similar to period pain. However, everyone's experience of pain differs, and some women may find the procedure painful. Our clinicians will do everything they can to help minimise any pain, and if it is too painful for you, let your healthcare professional know as the procedure can be stopped at any time if you wish.

Your healthcare professional will offer local anaesthetic options for the procedure (please refer to the table overleaf). This will involve inserting a speculum in order to apply the local anaesthetic of choice.

If you feel anxious about the procedure, you can talk to a healthcare professional before your appointment.

Who is at higher risk for pain during a coil-fitting?

There are some factors that may increase your chance of experiencing some pain during the procedure. These include if:

- You have never been pregnant.
- You have had a caesarean section rather than a vaginal delivery.
- It has been some time since your last vaginal birth.
- You have heavy or painful periods.
- You have endometriosis.

It is important to be aware that whilst having these risk factors may put you at a higher risk of experiencing pain during IUC insertions, you might experience no pain or only mild pains.

About intimate examinations:

We recognise that for some people intimate exams can be very difficult, particularly those with anxiety, trauma or a history of abuse. If you feel uncomfortable, worried or distressed about your appointment please let your healthcare professionals know. Whether it is before, during or after an examination, we can support you if you let us know how you are feeling. We may be able to offer alternative options and can make sure we book you into the most appropriate clinic for the procedure.

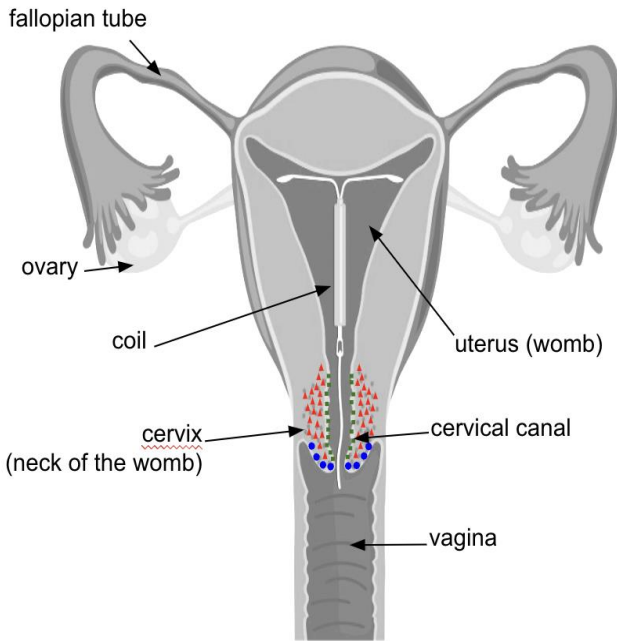
Keep in mind that you can always ask for the examination to stop at any point and a chaperone will be present to assist with your care. You can also bring a friend or relative for added support.




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We want your coil fitting experience to go as smoothly as possible and your comfort is important to us. Please do not hesitate to contact us if you have any questions or worries.

What pain relief options are available to me?



Type of Local Anaesthetic	What is it? Where does it work?	Notes
Xylocaine (10%) spray 	A spray applied to the surface of the cervix - this may reduce possible discomfort associated with when the tenaculum (a device used to hold the neck of the womb (cervix)) is applied to the cervix	This method is usually used alongside the gel (see below)
Instillagel 	A gel inserted into the cervical canal - this lubricates the cervical canal and might reduce discomfort associated with when the length of the womb is measured and when the coil is inserted into the womb.	This method is usually used alongside the spray (see above)
Cervical Block 	Injections into the cervix - this is usually 2-3 small quick injections into the neck of the womb (cervix). This reduces discomfort when the length of the womb is measured and when the coil is inserted into the womb.	You will need request to be booked into a clinic with a trained clinician

Note: You may have to wait a few minutes for any of the local anaesthetic options to work. None of the local anaesthetic options reduce the period like cramping that you might experience after the coil is inserted. Oral pain relief options such as paracetamol and ibuprofen might help with this.

Reference: <https://www.fsrh.org/standards-and-guidance/documents/fsrh-statement-pain-associated-with-insertion-of-intrauterine/>

Contact Sexual Health Services

Telephone: 01793 604038

Website: www.swindonsexualhealth.nhs.uk/clinics

Opening times:

Monday 09.30-20.00	Thursday 09.00-19.00
Tuesday 09.00-19.00	Friday 08.30-11.00
Wednesday 09.00-16.00	Saturday 09.00-11.00

Leaflets available in other languages and formats – to request a copy, please contact 01793 604031 or email gwh.pals@nhs.net. Smoking is not permitted on any NHS site in England. Thank you for your cooperation.