

Having a coil fitted during a caesarean section for birth control

Department of Maternity

Information for Patients

Last reviewed: April 2025

Next review: April 2028

Leaflet number: 1237 Version: 2

Introduction

While you are pregnant you may want to think about:

- Family planning and birth control.
- Making a plan so that you do not become pregnant earlier than you want to.
- Having a coil fitted.

We can easily and safely insert a coil at the time of your caesarean section. It is important that you read this leaflet before deciding. You need to know what will happen when you come in. You can speak to your doctor or midwife if you have any questions.

Why might this be good?

- Very safe procedure
- Painless: you will already have an anaesthetic for your caesarean section
- Quick: only takes a few minutes
- Handy: one less visit/ examination at a later date
- Long acting, but can be removed contraception.
- Fertility returns right after removal
- You do not have to remember to use it before having sex

Risks

There is risk of the birth control device coming out (expulsion) from the womb after insertion. Expulsion can happen in about 1 in 20 of **all** women who have a coil inserted. Studies show that it is similar (1 in 20) for those who have the coil inserted at the time of a planned caesarean section.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

The coils we offer are:

- Intrauterine device (IUD): non-hormonal coil, a copper coil (such as T-safe, lasts 10 years)
- Intrauterine system (IUS): hormone-containing coil (such as Levosert, lasts 8 years).

There are threads attached to all the birth control coils. These come out through the cervix into the vagina. A health professional uses these to easily remove a coil when needed.

Which coil you decide to use depends on the benefits and side effects.

For more information see: [Birth control options after having a baby](#) leaflet.

Or go to yourhealth.leicestershospitals.nhs.uk/ and search for leaflet number 1232.

It is your choice as to which method you choose.

What happens after the coil is fitted?

You will need to have a check up after around 4 to 6 weeks. This is when your womb returns to its pre-pregnancy size. We will make sure the coil threads can be seen. We will trim them if needed.

After having your baby these threads can sometimes settle up into your womb. This does not stop the coil from working. It can mean taking it out is a bit more difficult.

The Orchid team will contact you for follow up appointment in 6 to 12 weeks. They are based at the Leicester Royal Infirmary.

What happens if you cannot see the threads?

You will need a quick ultrasound scan to check that the coil is still inside the womb. The Orchid team are able to do this scan at the same time as your check up.

Contacts:

Orchid team: 0786 752 8791 or 0116 258 5939

Consultant's secretary: 0116 258 7770

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

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