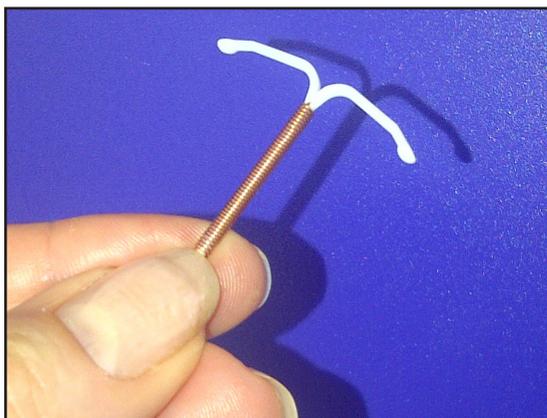
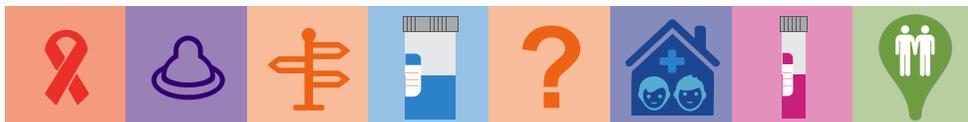


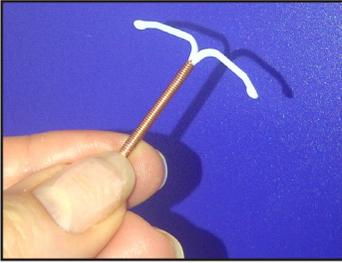
INTEGRATED SEXUAL HEALTH SERVICE

WHAT YOU NEED TO KNOW ABOUT: THE COIL



<http://sexualhealth.cht.nhs/think-sexual-health>

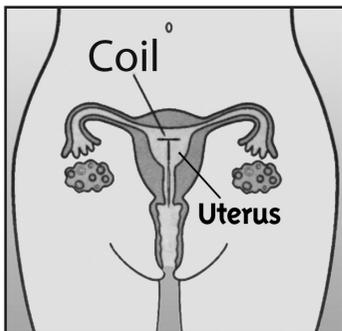




The coil is a method of contraception.



Using a coil will reduce a woman's chances of becoming pregnant.



The coil is a small device which is put into your uterus. There are 2 types of coil. Your doctor will discuss which one is best for you. The coil must be fitted by a doctor or a nurse.



A coil can last between 5 and 10 years.



Your periods may change when you have a coil fitted. Speak to your doctor if you are worried.



If you want to know more about the coil, speak to your GP or ask at the sexual health clinic.



Calderdale and Huddersfield
Sexual Health Services

The coil can not protect you from sexually transmitted infections. Condoms will. Use a condom when having sex.

You can get condoms free from sexual health clinics, some GPs, some pharmacies, and all youth clubs.

Take a look at our website for more information on services.

You can find our website by typing in the address below or typing "Calderdale Sexual Health" in to any search engine and our website will appear near the top of the results.

<http://sexualhealth.cht.nhs.uk/think-sexual-health/>

Remember that it is your choice if you want to have sex or not. You should never have sex if you don't want to.

November 2019

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