



Updated 1-1-2022

SPIRALS (Copper & Hormone Spiral)

There are two main types of coils - hormone coils and copper coils.

They are both used as contraception.

The IUD can also be used to reduce heavy bleeding and menstrual pain. We set up the spiral approx. 7-10 days after the first day of menstruation. It does not matter that you still have a little menstrual bleeding during the lay-up.

You can buy a copper coil for DKK 350 in the clinic.

You must buy a hormonal IUD at the pharmacy, it requires a prescription that your doctor or our clinic can make for you.

A hormonal IUD costs about 1100-1200kr

If we are laying a hormonal IUD for bleeding, pain, you can ask us to apply for a subsidy for you.

INSTALLATION OF THE SPIRAL

Before spiraling, you can take 1 g Panodil and 400 mg Ipren / ibuprofen about 1 hour before.

You will have a gynecological examination and ultrasound scan done before the presentation.

A chlamydia test is always offered.

We check when you last had a smear test, and are happy to do it for you if it is time for you to have it done.

Some local anesthetic is applied to the cervix (citanest-octapressin in the cervix).

The coil is then placed in the uterine cavity, and the strings on the coil are cut to a length of approx. 3 cm.

Then the position of the coil in the uterus is checked with ultrasound.

In the following days there may be menstrual-like pain and you can use 400mg Ipren and 1 gram (2 pcs.) Panodil 3 times daily if needed.

As a rule, no control is required after laying the spiral.

With a hormonal IUD, expect a habituation period of a few months before you feel the full effect of reduced menstrual bleeding and pain.

With a copper coil, you can count on your menstruation becoming stronger and lasting longer.

Contact your doctor if you bleed more than 7 days a month for more than three months.

SPIRAL RISKS

In very rare cases, you can get an infection that necessitates that the coil must be removed again.

Extremely rarely can a coil pierce the uterus and enter the abdominal cavity, this complication can e.g. occur if you have previously had surgery on the abdomen, or you get it laid prematurely after a birth (it must take at least 8 weeks before you have to put it up after the birth)

CONTACT THE GYNECOLOGIST AT:

Suspicion that the coil is ejected or not seated correctly.

Suspicion of pregnancy.

Fever, pain and foul-smelling discharge.



Sudden changes in your bleeding pattern.
Side effects that do not stop.

COPPER SPIRAL

The copper coil is a safe contraception. This often leads to increased bleeding and perhaps also increasing menstrual pain. The copper coil can be used as emergency contraception after unprotected intercourse. The copper spiral costs 350kr. in our clinic. We have spirals for women who have not given birth and those who have given birth.

HORMONE SPIRAL

Hormone coils reduce the amount of bleeding, unlike the copper coil. The duration of menstruation is shortened to a few days, and 20-40% completely stop having menstruation within the first year. The disadvantages of the hormonal IUD can be spotting for 3-6 months in the run-in phase. Some may have increased impure skin, mood swings and chest tightness at first, but it usually disappears after a few months. Hormone IUDs can in some cases improve the so-called cyclic migraine.

Finally, in some it will stimulate the formation of cysts on the ovaries. However, these cysts most often disappear on their own. Some studies show that the hormone coil with the most hormone in it may increase the incidence of breast cancer a little smuggling, which is why we in the clinic are increasingly using hormone coils with less hormone content.

We use Kyleena as a standard IUD in our clinic in all women who need contraception

Info:

<https://min.medicin.dk/Medicin/Praeparater/8270>

Kyleena gives off approx. 9 micrograms hormon pr. days and lasts for 5 years.

If you need a hormonal IUD for heavy bleeding, pain, we recommend Mirena with a little more hormone in it.

Info:

<https://min.medicin.dk/Medicin/Praeparater/1606>

Mirena gives off approx. 14 micrograms hormon pr. days and lasts for 5 years.

There is also Jaydess as the smallest hormonal IUD. It is given 6ug progestin per day and keep for 3 years. We usually do not use it as there are some studies that show an increased risk of ectopic pregnancies in women with Jaydess.

PATIENTS THE HORMONE SPIRAL CAN BE USED FOR:

1. Women with heavy bleeding, where the IUD reduces the bleeding.
2. Women with high blood pressure and women who have had blood clots in the past. (as opposed to birth control pills)
3. Young people and women who have not given birth or have just given birth. (It has no effect on breastfeeding)
4. Women with cyclic headache or migraine
5. Women with very strong menstrual cramps.
6. Women with endometriosis in whom the pain is reduced.



IMPORTANT INFORMATION about **HORMONSPIRAL**

If the doctor can not install a coil, or it has a defect, you can generally not get a replacement coil from the company that sells the coil. This is a decree from the National Board of Health and the Ministry of Health. If there is a defect so that the coil is malfunctioning, it can be replaced via the pharmacy where you bought it, the patient is responsible for going to the pharmacy and complaining.