

# Pain relief for coil fittings and removal

**This leaflet explains what pain relief is available, if you need it, before having a contraceptive coil fitted or removed.**

## Will fitting or removing the coil be painful?

Although some women may find coil insertions stressful and painful, studies suggest the majority of women experience only mild or moderate pain (rather than severe) during coil fitting, even without pain relief.

Women who reported greater pain were often those who had never given birth, who had delivered only by Caesarean section, or those who regularly experience painful periods.

## Make sure you have these 'over the counter' painkillers at home

We recommend you take the following painkillers one hour before your procedure to provide you with pain relief during and after the insertion or removal. You can take **either**:

- Two 500mg tablets of paracetamol, OR
- One 400mg tablet of Ibuprofen, OR
- One 550mg tablet naproxen

## During the procedure

In addition to the recommended regular painkillers, the following pain relief methods are available from the healthcare professional doing your procedure:

- Local anaesthetic gel can be applied to the neck of the womb; this may potentially cause mild cramping
- Local anaesthetic spray can be used on the neck of the womb
- Local anaesthetic injection can be given to the neck of the womb

The healthcare professional will discuss these options with you if further pain relief is necessary. A trained health care assistant will also be present to help and support you throughout the procedure.

*(Adapted from FSRH statement: Pain associated with insertion of intrauterine contraception June 2021)*

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**Please ask if you need this information in another language or format.**

Sexual Health Department, November 2021

Next review due: November 2023

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