



Information for Patients - Updated guidance on hormonal coils (LNG-IUDs)

You are receiving this information because you are currently on our waiting list for a hormonal coil replacement.

In April 2023, guidelines were updated in relation to hormonal coils, also known as LNG-IUDs. This new guidance says that all hormonal coils are valid as contraception for 6 years, not 5. Because of this, we are offering to delay your appointment until your coil has been in for 6 years.

This means you now have two choices:

1. We will book your appointment as planned when you reach the top of our waiting list. When you attend your appointment, the doctor or nurse will discuss your options with you.

OR

2. You can choose to defer your appointment until the month your coil expires (6 years after it was fitted).

If you would like us to book your appointment as planned, please be assured that you are still on our waiting list and you will receive appointment details in due course. There is no further action you need to take.

If you wish to defer your appointment, please let us know by phoning the Medical Secretaries on 0117 342 6951. Please note this phone is not answered live, so you will need to leave a voicemail stating your name, date of birth, telephone number, and reason for calling. We will contact you to confirm that we have received your message.

We will then book your appointment within the month your coil expires.

If any of your contact details change between now and the month your coil expires, it is important that you update us by phoning the Medical Secretaries. This includes any changes of address, telephone number, or GP surgery. Please note that you will be discharged to your GP if you fail to attend an appointment without first letting us know. You may be discharged to your GP if you cancel two appointments in a row.

If you would like more information about this updated guidance, you will find the full document here: www.fsrh.org/documents/ceuguidanceintrauterinecontraception