

## Consent and information prior to having a coil fit

Following on from our telephone consultation we can now book you in for a coil fit but before we do this we want to ensure it is safe and you are aware of all the benefits and risks.

Please watch this video from the Lothian NHS trust

<https://www.youtube.com/watch?feature=youtu.be&v=XHRYE2FsXmc&app=desktop>

Please then carefully read through the attached self-assessment consent checklist. If you are happy and want to go ahead please respond to this text with

### YES

Or if you are able you can tick and sign the consent form electronically and attach it to your response.

Once we have received this we can book you into a clinic slot if we haven't already done so.

Remember you must not be pregnant at the time of fitting - please see checklist. If you are having a refit please abstain from sex or use condoms for the week prior to the refit.

### Remember on the day of your appointment -

It is very important that you **DO NOT** come into the surgery if you have any symptoms that could be related to corona virus or if you have been in contact with anyone who is known to have corona virus within the previous 10 days. If you have concerns about this please phone the surgery to re-arrange your appointment. You will be sent a text about this the day before your appointment

Approx 1-2 hours before your appointment we recommend that you have a light meal and take some simple pain relief- either Ibuprofen 2 tablets, if safe for you to take these, or Paracetamol 2 tablets

Please arrive on time- if you are early; please wait in your car or outside the surgery until your appointment time

During these restricted times we must ask that you come into the surgery on your own. You may like to arrange for someone to pick you up after your appointment however.

Please wear a face mask and be aware we will need to keep talking to the minimal during the procedure. We will aim to keep > 2 m away for as much of the appointment as is possible.

You are likely to have some minor bleeding after the fitting- please bring a panty liner/ sanitary towel

If your Health Professional has said you may need a pregnancy test on the day - it would be a good idea to bring a urine sample with you in a clean container. This will reduce the use of the patient toilets.

We would suggest avoiding sex and tampons for the 5 days post fit.