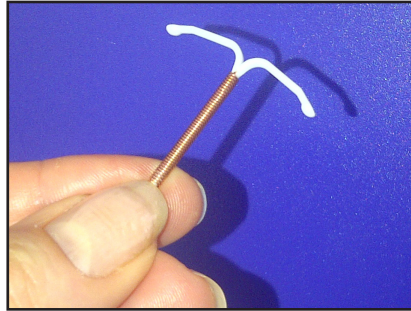
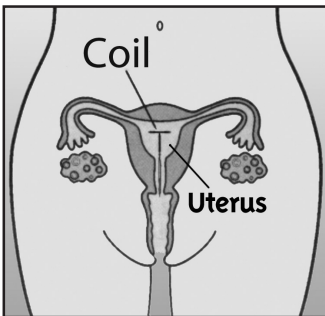


The Coil

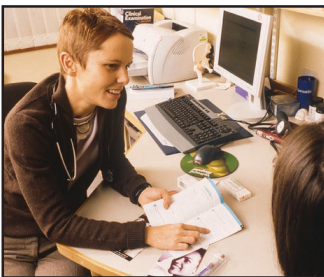


The coil is a contraceptive for women.

The coil can prevent pregnancy.



The coil is a small device that is put in to the uterus.

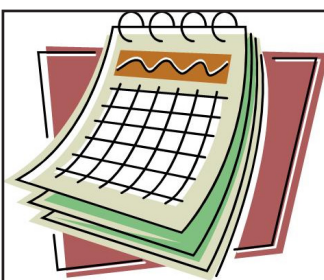


There are 2 types of coil.

Your GP or doctor will discuss which one is best for you.



The coil is fitted by your GP or a doctor at the sexual health clinic.



The coil can last between 5 and 10 years.



Your periods may change.

Speak to your GP or doctor if you are worried.



You should still use condoms when having sex.

Condoms can prevent sexually transmitted infections.



You can get free condoms from:

- Sexual Health Clinics
- some GPs in Forth Valley
- online by post from
<https://www.freecondomscentral.co.uk>

Or you can buy them from supermarkets or pharmacies.

To book an appointment at your local Sexual Health Clinic call 01324 673554 or check the website for local clinic times.

[Services for All \(centralsexualhealth.org\)](http://centralsexualhealth.org)

www.centralsexualhealth.org

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.

January 2023