



The coil can not protect you from sexually transmitted infections. Condoms will. Use a condom when having sex.



You can get condoms free from Sexual Health Clinics or some GPs in Forth Valley. You can also buy them from shops or pharmacies.

Call the Clinic Information Line 01786 433697 or check the website for local clinic times.

[www.centralexualhealth.org](http://www.centralexualhealth.org)

**Remember** that it is your choice if you want to have sex or not.

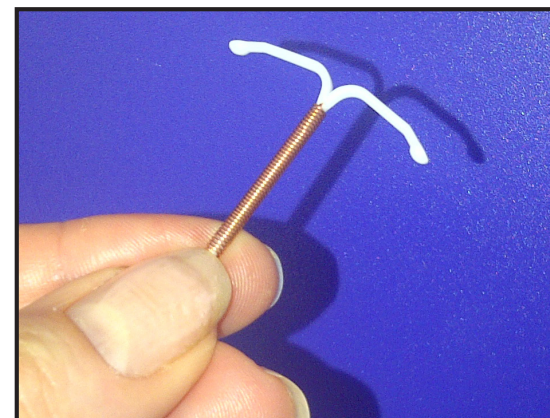
**You should never have sex if you don't want to.**

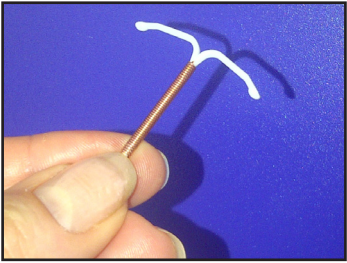
We are happy to consider requests for this publication in other languages or formats such as large print.

Please call 01324 590870 (Monday – Friday 8am to 5pm), fax 01324 590867 or email [nhsfv-alternativeformats@nhs.net](mailto:nhsfv-alternativeformats@nhs.net)

## What you need to know about

### The Coil





The coil is a method of contraception.



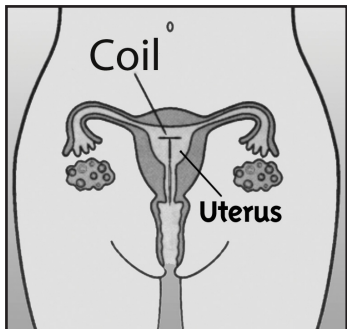
A coil can last between 5 and 10 years.



Using a coil will reduce a woman's chances of becoming pregnant.



Your periods may change when you have a coil fitted. Speak to your doctor if you are worried.



The coil is a small device which is put into your uterus. There are 2 types of coil. Your doctor will discuss which one is best for you. The coil must be fitted by a doctor or a nurse.



If you want to know more about the coil, speak to your GP or ask at the sexual health clinic.