

Coil contraception refers to intrauterine devices (IUDs) or intrauterine systems (IUSs), which are small, T-shaped, long-acting reversible contraceptives (LARCs) inserted into the uterus. They are over 99% effective, providing, safe, long-term, and immediately reversible protection against pregnancy for 3 to 10 years depending on the type.

There are two main types of coils:

1. Copper Coil (IUD - Non-Hormonal)

- **How it works:** Releases copper, which is toxic to sperm and prevents fertilized eggs from implanting in the womb.
- **Duration:** Lasts for 5 to 10 years.
- **Best for:** Those who want to avoid hormones or need emergency contraception (highly effective if fitted within 5 days of unprotected sex).
- **Side Effects:** Periods may become heavier, longer, or more painful.
- **Immediate Protection:** Works as soon as it is fitted.

2. Hormonal Coil (IUS - Intrauterine System)

- **How it works:** Releases the progestogen hormone, which thickens cervical mucus (blocking sperm) and thins the womb lining.
- **Duration:** Lasts for 3 to 8 years (e.g., Mirena, Kyleena, Levosert, Jaydess).
- **Best for:** Those who have heavy or painful periods (it often makes periods much lighter or stops them entirely).
- **Side Effects:** Irregular bleeding/spotting for the first 3–6 months, potential acne, or breast tenderness.
- **Protection:** Effective immediately if fitted within 7 days of the start of your period.