

English : <https://sexandfacts.ch/en/>

Die Spiralen / Les dispositifs intra-utérins (DIU, stérilets)

## The coil (copper; or hormonal)

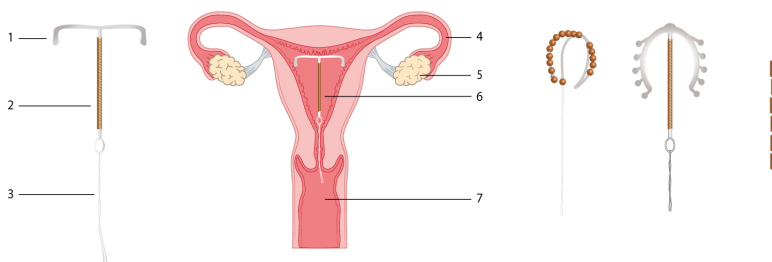
The coil is a type of contraception that is fitted inside the uterus by a doctor. Coils act mainly locally in the uterus. They may be used by women of all ages, with or without children. They have a contraceptive effect of 3-10 years, depending on the coil type.

### How it is fitted and removed

It is put in place by a doctor, after disinfecting the vagina. To remove or change it, the doctor simply pulls the coil out by the nylon threads attached to it. Its contraceptive effect stops immediately after removal.

### The copper coil (IUD: intrauterine device)

The IUD is a small device made of soft plastic surrounded by a thin copper wire with two nylon threads attached to it. Under certain circumstances, another type of coil may be used. This is fixed to the top of the uterus.



1. small plastic device
2. thin copper wire
3. nylon thread
4. fallopian tube
5. ovary
6. uterus
7. vagina

### How it works

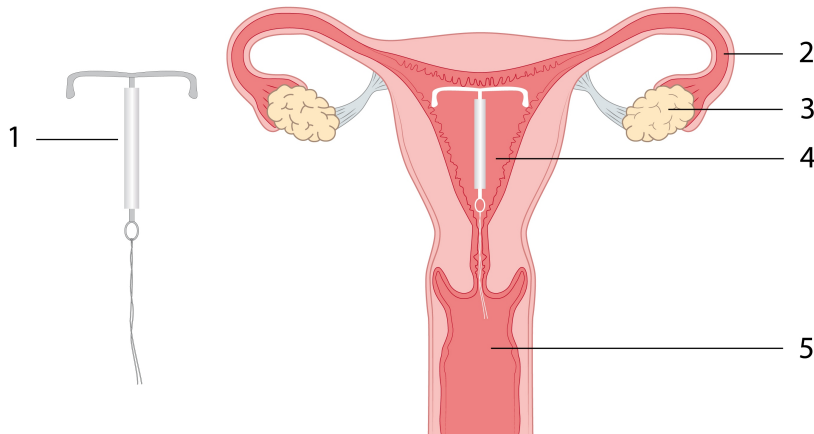
- The copper acts on the sperm, preventing the egg from being fertilised.

- The IUD also modifies the uterine lining, preventing the fertilised egg from implanting there.
- It has no effect on the hormonal cycle.

The IUD can cause heavier periods, which are sometimes more painful.

## The hormonal coil (IUS: intrauterine system)

This is a small plastic device, surrounded by a cylinder containing the hormone progestogen, which is slowly released into the uterus.



1. Cylinder containing progesterone
2. fallopian tubes
3. ovary
4. uterus
5. vagina

## How it works

- The cervical secretions become thicker and prevent the sperm from entering the uterus.
- The uterine lining becomes thinner, preventing the fertilised egg from implanting there.

Periods can become less heavy, less painful, less frequent and they may stop completely.

## See your doctor quickly if...

- you have pain in your lower abdomen that is different from usual.
- your period is late and you have a copper coil fitted.
- you have the following symptoms : burning, itching, or unusual or smelly vaginal discharge.

## Good to know

- The best way to protect yourself from HIV or other sexually transmitted infections is to practise safer sex:
  1. Always use a condom, male or female, for penetrative sex (vaginal or anal sex).
  2. For more personal sexual advice, do the safer sex check on [www.lovelife.ch](http://www.lovelife.ch).

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