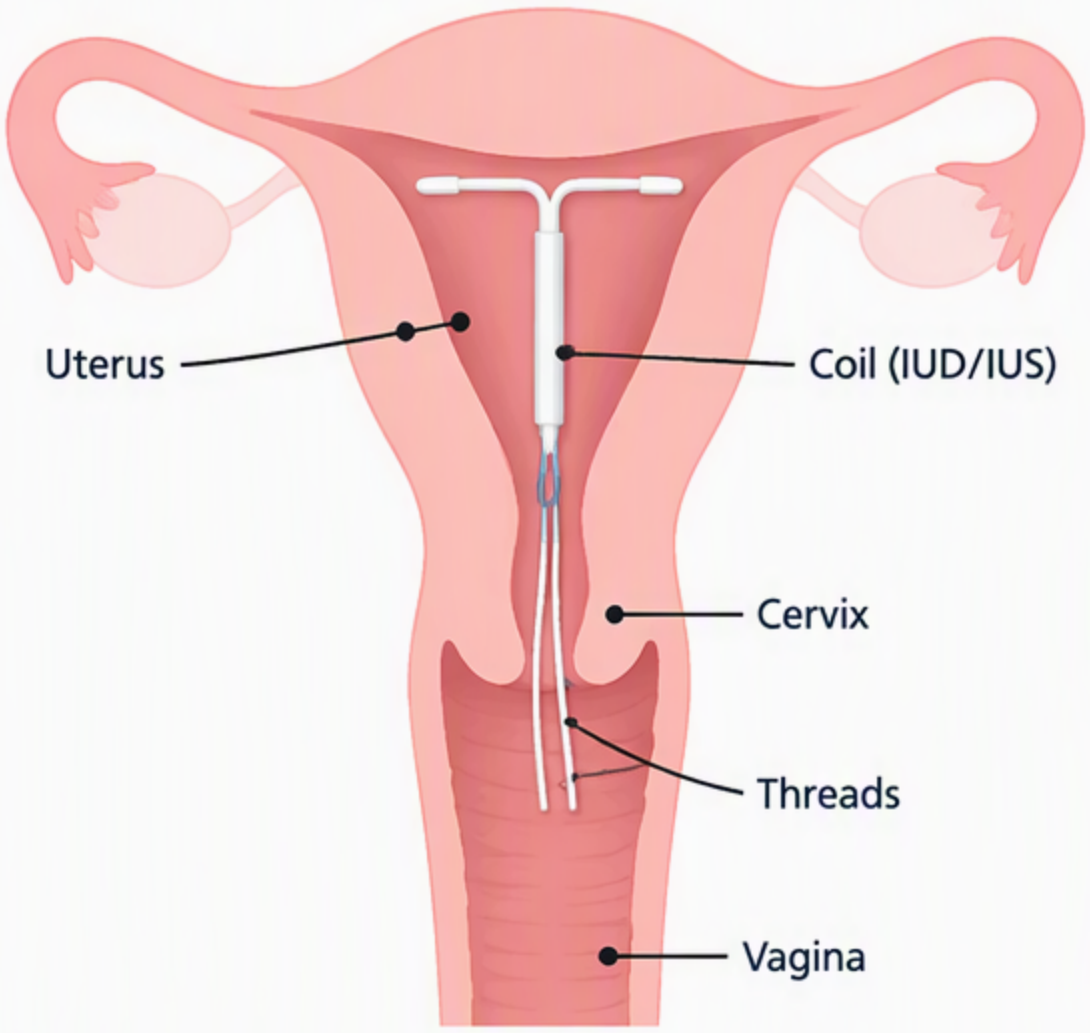
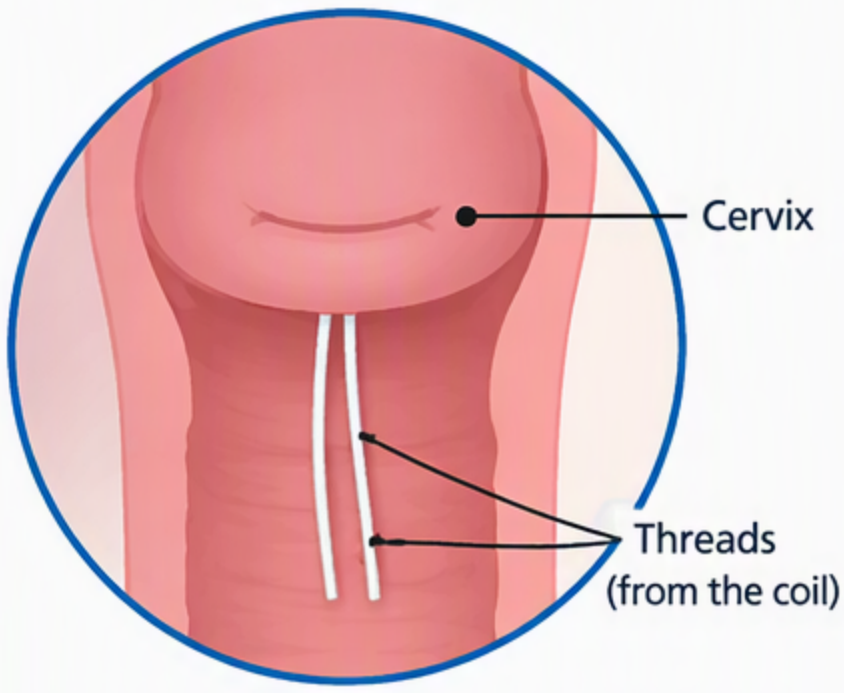
How to check your coil (IUD/IUS) threads

You can check for the threads of your coil (IUD/IUS) yourself.
You should not be able to feel the coil itself.





The threads feel like thin fishing line and come through the cervix into the top of the vagina.

You should not be able to feel the coil itself.

Step-by-step guide



1 Wash your hands thoroughly.



2 Insert one or two fingers gently into your vagina until you feel your cervix (it feels firm and slightly rubbery, like the tip of your nose).



3 You should be able to feel the threads coming through the cervix.



4 You should not be able to feel the plastic part of the coil.

Remember

- Check for the threads regularly (e.g. after your period).
- The threads may feel shorter or longer at different times (e.g. during your period).
- If you cannot feel the threads, this does not always mean there is a problem, but you should contact your GP practice for advice.

Contact your GP practice if:

- You cannot feel the threads when you could previously.
- The threads feel significantly longer or shorter than normal.
- You can feel the plastic part of the coil.
- You have severe pain, heavy bleeding, or think you may be pregnant.