

Oak Bay Medical Centre- Mirena INFORMATION SHEET

Benefits:

Mirena® are great because they have a small amount of a safe hormone (levonorgestrel, or progesterone) and you don't have to worry about remembering them. They work within 10 days last for 5 years. Most women notice their periods are eventually a lot lighter and less crampy. However, it is really normal to have spotting or bleeding on and off for 4-6 months while adjusting to the new hormone. This is annoying, but will get better!

Pregnancy:

If you have just had a baby, or it is more than 2 weeks since your period, ask the receptionist for a pregnancy test. This will only check for a pregnancy that conceived 3 weeks ago or more. It will NOT tell us about any conception in the last 1-2 weeks. If you think you *could have* conceived in the last 2-3 weeks, re-book for 2 weeks from today, and don't have sex until that appointment.

Note: If you are NOT using the Mirena for contraception, the above does not apply!

Insertion:

Inserting the IUS is a simple clinic procedure. The doctor will examine you to see which way the uterus is positioned and then insert a speculum (like the one used for a PAP). The doctor will then offer you freezing in the cervix. Next, the doctor will hold the cervix while sliding the IUS into your uterus. Most women feel a pinch (holding the cervix) and a cramp (IUS going in). Cramping may last a few minutes. You may take some ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) before or after your insertion to reduce your cramps. Sometimes a hot water bottle also helps. It is rare for anything to go wrong during the insertion (e.g. the doctor going too deep, called perforation) or not at all (e.g. can't get in through a very tight cervix).

After insertion:

For 24 hours after insertion, it is important not to insert anything into the vagina for 24 hours (i.e. no tampons, bath, swimming, hot tub, sexual intercourse). There is about 1% chance of the Mirena® slipping, and the chance is highest in the first few weeks. There is also about 1% chance of infection, so don't have a new sexual partner in the first 3-4 weeks.

Slipping or Expelling the IUS:

We recommend that you regularly feel high in the vagina for the string of the IUD. The doctor will give you a sample after she puts in the IUS. If you can't feel it, that's OK, but if the string lengthens, or if you feel it now and then can't later, see us or your own doctor right away. Usually you will get lots of cramping and/or bleeding if your IUS is falling out.

Contraception:

The Mirena® is effective only after 10 days. Please continue on your prior method for at least that long, so there is some overlap. **Remember that the IUS does not protect you against sexually transmitted infections (STI), so use a condom with a new partner, until you are sure you are both free of STIs**. Let the doctor know if you want an STI test today.