

Oak Bay Medical Centre

Patient Information: After Care for Mirena IUS

When does it start working?

- Mirena works to prevent pregnancy right away IF it is inserted on your period or on the same day as a D&C or an abortion.
- Mirena will take about 10 days to work if inserted between your periods. Use back up until your next period. Take a pregnancy test if your period is late.
- Mirena usually works to reduce heavy periods in 3-6 months.

Maintaining your Mirena:

Today:

Don't put anything inside for 24 hours

Why? Sex, tampons, swimming and bath/hot tubs could introduce bacteria from the vaginal canal to your uterus. While there isn't great medical evidence to clarify this, it seems reasonable to be safe.

This week:

Check inside with one finger to see what's normal for you

Why? Mirena IUD strings are hard to feel (like thin dental floss), and only about 2cm long. Some women cannot feel their cervix or the strings, and this is OK. Finding out what is normal for you will help you monitor your own IUD.

Monthly:

Check inside with one finger to check it is the same

Why? Some women do not get a period with the Mirena. This is normal. If it fails (extremely rare) you would get other symptoms like breast tenderness and nausea. Checking yourself will give you confidence there's no change.

Next few months:

You will likely get some irregular bleeding and cramping

Why? Mirena takes some time to adjust. Over time, your periods will reduce, but at first it's normal to get more frequent bleeding. Ibuprofen, Tylenol, or whatever you generally use for periods should help.

Annually:

Have a pap and well-woman exam (we can do this for you)

Why? Whoever does the pap can usually see the IUD strings and check that your cervix is normal. Regular check ups are part of a healthy routine.

Reasons to call the clinic:

- » If you think the Mirena IUD has fallen out
- » If cramping is very severe, keeping you awake at night or preventing work/school