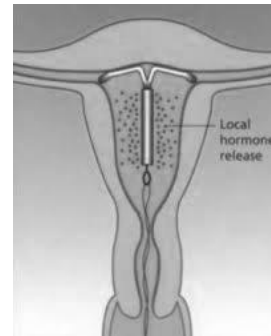
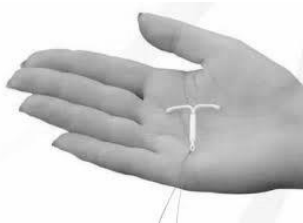


Patient Information

Mirena IUS – The Levonorgestrel Intra Uterine System

The Mirena Intra Uterine System (Mirena IUS) is a hormonal device. It consists of a small plastic T – shaped frame which is inserted into the womb. This carries the hormone progesterone in a sleeve around its stem, and has 2 fine threads attached to its base.



How is the procedure carried out?

It is fitted into the womb through the vagina using a thin tube which is then removed. The threads pass from the device through the neck of the womb (cervix) and into the vagina and are cut to about 2 – 3cms in length.

Most women find that fitting only causes a little discomfort. Therefore, anaesthetic is usually not required. Afterwards you may feel some cramping, like a period pain. This usually disappears after a few hours.

The hormone is released gradually into the womb. The rate of release is controlled by a special covering on the hormone sleeve.

The hormone in the device keeps the lining of the womb thin. The dose released is much lower than the pill (about 1/7th the strength) and goes directly to the lining of the womb rather than through the blood stream.

Who is it suitable for?

Most women can use the Mirena IUS but as with any medicines it will not suit everyone.



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If the inside of the womb is an irregular shape, the Mirena may not sit properly and therefore not be helpful as a treatment.

How long does it work for?

The Mirena coil is expected to work for up to 5 years.

It is as effective as female sterilisation. Once the device is removed your fertility will return to normal.

You can ask your doctor to remove the device at any time. Removal is very easy with little discomfort.

What will happen to my periods?

Many women have spotting or light bleeding in addition to some period type bleeding for the first 3 – 6 months. Occasionally, some women may have heavy or prolonged bleeding during this time.

Overall you are likely to see a gradual reduction in the number of bleeding days and in the amount of blood lost each month. Some women find their periods eventually stop altogether. The Mirena IUS has also been found to be helpful with painful periods and endometriosis pain.

If you find you do not have periods it is the effect of the hormone on the lining of the womb. The monthly thickening of the womb does not happen; therefore there is no blood to come away as a period. It does not mean that you have reached the menopause.

How will I know if I have reached the menopause?

You will have the same symptoms as you would have without the Mirena IUS such as hot flushes or mood swings.

Are there any side effects?

Expulsion – there is a small chance the device may dislodge and fall out. There may be symptoms such as pain or bleeding or it may have passed without any discomfort. If you get a sudden return of heavy periods it may suggest this has happened. Attend your own doctor so that he/she may examine you to see if the threads are still present.

Hormonal problems – It is unusual to have any side effects from the hormones as the dose in the blood stream is so low (the equivalent of 2 progesterone only pills per week) but if you do get any effects such as headaches, water retention or breast tenderness, they are minor and tend to last only 4 -6 weeks.



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Bleeding problems – this is the most common problem experienced by women who have a Mirena IUS inserted. It takes about 3 months for the lining of the womb to thin down and during this time bleeding can be erratic and occasionally heavy. This almost always settles after 3 – 6 months and perseverance is recommended.

Pelvic infection – The risk of getting pelvic infection with the Mirena coil is extremely low and less than 1% of users get an infection. It does not protect against sexually transmitted infections.

Uterine perforation/displacement of the coil – Rarely it could perforate the womb and migrate into the abdomen. Over time, it may occasionally get embedded in the wall of the uterus or slip down into the cervix. In such rare situations, the coil will need to be removed.



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From 1st January 2019 smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

Division: Women & Children's
Department: Gynaecology
Approved Date: 21 March 2019
Next Review Date: April 2022
Document Number: W&C - PIL0035