

**Patient  
Information**

## Mirena® intrauterine system

### Introduction

This leaflet gives you information about the hormone coil that your doctor has recommended.

### What is a Mirena® intrauterine system?

This system is like many other types of coil; it is fitted by a doctor, stays in the womb for a fixed amount of time and then must be changed. The Mirena® is much more effective than usual coils and has fewer side effects, making periods lighter than usual. Mirena® is made of a plastic, T-shaped frame which contains a low dose of hormone, also used in contraceptive pills but contains no oestrogen.

### How effective is this contraception?

Mirena® is very effective compared to other forms of contraception. It acts in 2 ways; preventing sperm from getting through thicker mucus and making the lining of the womb extremely thin, stopping implantation.

In some women it can prevent egg release or ovulation.

If Mirena® does happen to fail, there is a higher risk of ectopic pregnancy, which is a pregnancy found outside the womb. If you feel at any time that you may be pregnant, it is important to see your doctor to discuss your coil.

### Fitting the Mirena®

The doctor will do an internal examination to make sure there is nothing unusual before fitting Mirena®. The coil is inserted either within a week of beginning your period, immediately after a termination or 6 weeks after having a baby.

Fitting the Mirena® is similar to having a smear test and a local anaesthetic may be used if needed. You will not be able to feel it once fitted. An appointment will be made for 6 weeks later to check everything is all right. Your partner should not be aware of the Mirena® during intercourse.

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Department

**Gynaecology**

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Information****Removing or changing the Mirena®**

Mirena® will last 5 years and if needed, a new one can be inserted at the same time the old one is removed. Removing the coil is only uncomfortable for a short time. After the removal of the Mirena® your periods and fertility will return within a month.

**Side effects**

In the first months of use, there is a very small chance that Mirena® may dislodge and come out. There may be bleeding, sometimes with pain.

There is a slight increase in progesterone levels which can cause headaches, water retention, breast tenderness or acne. This can also increase the chance of ovarian cysts.

After having the Mirena® fitted it can take from 3 to 6 months for the bleeding to settle down.

**Contact information**

If you have any questions please contact your own consultant's secretary.

**Further information**

For further information, please visit Mirena® IUS:  
Website: [www.womens-health.co.uk/Mirena®](http://www.womens-health.co.uk/Mirena®)

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