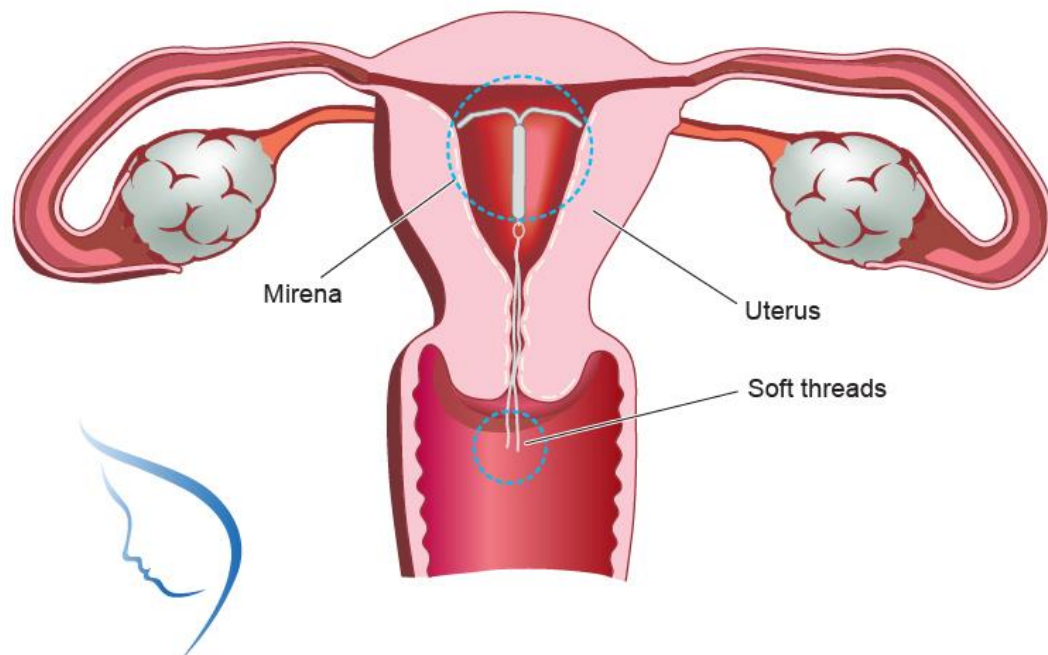


MIRENA

What is Mirena?

Mirena (Levonorgestrel-releasing intrauterine system) is a T-shaped intrauterine contraceptive device that releases small amounts of the hormone Levonorgestrel locally into your uterus. Mirena is also used to treat heavy periods. It is made of soft, flexible plastic and is placed by your Doctor as an outpatient procedure. Mirena offers contraception that's over 99% effective and lasts for approximately 5 years. It can be removed at any time and fertility should return to your normal state within a month of removing the Mirena. Mirena **does not** protect you against HIV or STDs.



How does Mirena work ?

A Mirena works in several ways. Mirena is an IUD that releases small amounts of a progestagen hormone called Levonorgestrel into the uterus. This is the same progestagen as is used in the mini pill or many combined pills e.g.; Levlen. It thickens your cervical mucous, thins the lining of your uterus, inhibits sperm movement, and reduces sperm survival. Mirena can cause your menstrual bleeding to be less by thinning the lining of the uterus. Mirena starts working as soon as it is placed in the uterus.

How is a Mirena placed ?

Your Doctor will place the Mirena into your uterus as an outpatient procedure. Placement typically takes just a few minutes. After an antiseptic solution is applied to your vagina and cervix, a slim tube of flexible plastic containing the Mirena is inserted into your vagina and then into your uterus. Once the Doctor has checked that the Mirena is sitting in good position, the plastic inserter is withdrawn leaving the Mirena in your uterus. There will be two threads attached to the stem of the Mirena that will extend through your cervix and these will be trimmed to the appropriate length by the Doctor. These strings help to ensure that Mirena is properly placed and also help with the removal of your Mirena when that time comes.

Will it hurt ?

During Mirena placement you may experience some mild discomfort and bleeding. Dizziness may occur during and after placement. It is quite common to experience period like pain and cramping. This should settle quickly and over the counter pain medication may be taken to reduce this. Let your Doctor know if the cramping is severe, if you are feeling dizzy or unwell, or if your symptoms last for more than 30 minutes.

Once Mirena is placed:

- Your Doctor will explain how to do a “self-check” of your strings and this should be done at regular intervals.
- It is common for women to get bleeding for 8-10 weeks after insertion and it may be heavy at times in this interval. On average, menstrual blood loss is one fifth of normal three months after insertion (but it may be occurring on more days) and it is typically one twentieth of normal at 12 months and usually occurring on far fewer days. A large percentage of women find that their periods stop altogether and they have no bleeding at all (amenorrhoea) after 12 months.
- You will be asked to return for a consultation in 6-8 weeks post insertion and an ultrasound will be performed at this visit to check that the device remains in the correct position.

Some Possible side effects and complications of a Mirena.

- 2-3% of women will have hormonal side effects with headache, weight gain, bloating, breast tenderness or mood change.
- Over 5 years, around 2/3 of women will be very happy and will wish to continue this form of contraception. 1/3 will want to change – some because of the hormone effects listed, but most because of irregular or “breakthrough” bleeding.
- The Mirena may move or be expelled by the uterus.

Nerve response causing a short lived drop in blood pressure (called a Vagal reflex) can sometimes occur and this can be associated with Nausea. Your consent to this procedure means you consent to measures that may be required to manage the complication.

A full list of side effects, possible complications and information about Mirena can be found on the Company product disclosure which is located in the Mirena packaging or on their website <https://www.mirena-us.com/>.

