

## **MIRENA IUS (Intra Uterine System)**

### **FREQUENTLY ASKED QUESTIONS:**

#### **What is a Mirena?**

A Mirena is a small T shaped device with a cylinder containing progestogen (a hormone) around its stem which is inserted into the uterus.

#### **How Does It Work?**

- A Mirena releases the progestogen at a steady rate into the uterus, which then inhibits normal sperm movement and survival in the uterus (womb) preventing fertilisation (pregnancy).
- A Mirena changes the lining of the womb (endometrium), preventing endometrial growth.
- A Mirena thickens the cervical mucus.

#### **What Are The Advantages of a Mirena?**

- More than 99% effective in preventing pregnancy
- Provides long term contraception (approved up to five years continuous use)
- Easy to maintain, you can't forget to use it as you might the Pill
- Cheaper than other contraception
- Easily reversible and a fast return to fertility on removal.
- The progestogen has the added benefit of reducing menstrual bleeding and pain. After a few months it may reduce your menstrual flow to little or nothing so your periods are lighter and shorter.

#### **When Should a Mirena be Fitted?**

- The Mirena is usually fitted either during your period or within seven days from the beginning of your period. This is often the most comfortable time because the cervix is slightly open and also ensures that you are not pregnant at the time of the insertion.
- For insertion outside this time, for example if your cycles are not regular, a blood test can be arranged to ensure you are not pregnant.
- For new mothers – the Mirena is fitted six weeks after a vaginal delivery, 10-12 weeks after a caesarean section

#### **Is a Mirena Insertion Painful?**

- During the insertion and immediately after, most women feel mild cramping or low backache and some may feel faint.
- Menstrual like cramps may last for a few days afterwards, however taking over the counter period pain medication usually relieves this.

## **YOUR APPOINTMENT WITH CARE GYNAECOLOGY**

- At your initial appointment you will be fully informed of the benefits and the risks of having a Mirena inserted and will be given a detailed information booklet. Depending on your individual medical history, the Mirena can be inserted either in the rooms or under a general anaesthetic in an operating theatre.
- *If Proceeding To Have the Mirena Inserted In The Rooms:*
  - (1) It is possible to have the Mirena inserted at your initial appointment, as long as you have considered all the information given, signed a consent form and the appointment has been timed whilst you are menstruating or within seven days from the beginning of your periods. Otherwise, our staff will work with you to time a review appointment that is appropriate for the insertion of the Mirena.
  - (2) When having a Mirena inserted in the rooms, we suggest:

That you take 2 x anti-inflammatory tablets (Nurofen or Naprogesic) 30 to 60 minutes prior to your appointment time. (Panadol can be used as an alternative).
  - (2) Bring someone with you to the appointment to drive you home, or be prepared to wait in our rooms for 20 minutes after the insertion.

For further information please go to the following website:

<https://www.thewomens.org.au/health-information/contraception/intra-uterine-device-iud>