

## Introduction

Following a discussion with your doctor with your doctor you have been prescribed Mirena for one or mor of the following reasons:

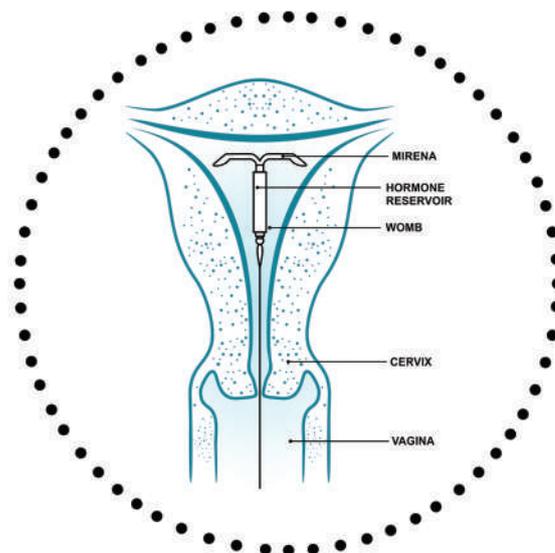
- As a method of contraception.
- For the treatment of heavy menstrual bleeding when no underlying cause can be found.
- To protect the lining of your uterus during the menopause, as part of a combination of treatments known as hormone replacement therapy (HRT).

## About Mirena

Mirena is a small T-shaped plastic device known as an intrauterine system or IUS for short. It is placed by a doctor or nurse inside the uterus and continuously releases small amounts of a synthetic progestogen called levonorgestrel.

Progestogens are hormones involved in the regulation of your menstrual cycle.

Mirena is an effective form of contraception and following insertion it may lead to periods that are shorter and lighter then before you were using the system. If you experience painful periods, using Mirena may provide relief. It can also protect the lining of the uterus when using it as part of HRT during menopause.



## Is Mirena suitable for me?

Your doctor has discussed whether Mirena is suitable for you. Mirena may be prescribed as a contraceptive for women who have already had children and for those who have not.

## How is Mirena placed into the uterus?

An appointment is made for you to see a doctor or nurse who will explain the process, carry out the placement procedure and offer follow up device.

While the placement itself takes only a few minutes, an extended appointment must be booked in advance when having Mirena placed.

Mirena is placed into your uterus via a thin, flexible placement tube which is 4.4mm wide. Once within your uterus, the device opens into a 'T' shape. It can stay in place for up to 5 years.

Mirena can be easily removed by a doctor or nurse at any time if you decide to stop using it.

Following removal your usual level of fertility will return and you can begin trying to get pregnant as soon as you want if that is what you wish.

### **Will the placement be painful?**

Some women may find placement uncomfortable, but your doctor will be familiar with this and can advise about ways to minimise any discomfort.

### **How will Mirena affect my periods?**

Over the first 3 to 6 months following placement of Mirena usually experience a reduction in menstrual blood loss. This is why Mirena is used to treat women who suffer with heavy periods. It is quite normal for some women to stop having periods altogether.

## **Merina as a method of contraception**

### **How does Mirena work as a contraceptive?**

Mirena contains a small amount of the progestogen levonorgestrel which is gradually and steadily released into the uterus.

Levonorgestrel makes the cervical mucus thicker so that the sperm cannot get through to fertilise the egg. The normal sperm movement inside the uterus and the tubes is also inhibited, preventing fertilisation. It also prevents thickening of the uterus lining, so the lining is not thick enough for you to become pregnant.

Mirena works directly where it is needed in the uterus. Levels of hormone in the blood are very low.

### **How effective is Mirena as a contraceptive?**

Mirena is a reliable contraceptive (more than 99% effective). In everybody use, Mirena is more effective than the Contraceptive Pill and unlike the pill there is no need to remember to do something every day. Your doctor will advise you to check for the threads of the device every month.

Mirena will remain effective for up to 5 years. However, Mirena can be removed before 5 years if you choose. If you decide to have Mirena removed, please consult your doctor about other forms of contraception if you don't wish to become pregnant.

### **How long does Mirena take to work?**

Mirena can provide immediate protection against pregnancy if it is placed within 7 days of the start of your period. It gives you reliable contraceptive cover for up to 5 years.

### **References taken from BAYER:**

1. Mirena Approved Consumer Medicine Information.  
<http://www.bayerresources.com.au/resources/uploads/CMI/file9398.pdf>
2. Mirena Approved Product Information.  
<http://www.bayerresources.com.au/resources/uploads/PI/file9399.pdf>
3. Jean Hailes. Health A-Z. Periods. Heavy bleeding.  
<https://jeanhailes.org.au/health-a-z/periods/heavy-bleeding>