



 **Mirena**<sup>®</sup>  
levonorgestrel

**A digital guide to your Mirena<sup>®</sup>**



Made by Bayer

This leaflet is intended for women who have been prescribed Mirena<sup>®</sup>. Please read the patient information leaflet (PIL) included in your Mirena<sup>®</sup> box for full details.

# Hi

You've been given this leaflet because you've chosen Mirena<sup>®</sup>, an IUS (intrauterine system), for one or more of the following:

- Treatment of heavy menstrual bleeding (HMB)
- Protection of the lining of your womb during the menopause, as part of hormone replacement therapy (HRT)
- As a long-term and reversible method of contraception



# This is Mirena<sup>®</sup>

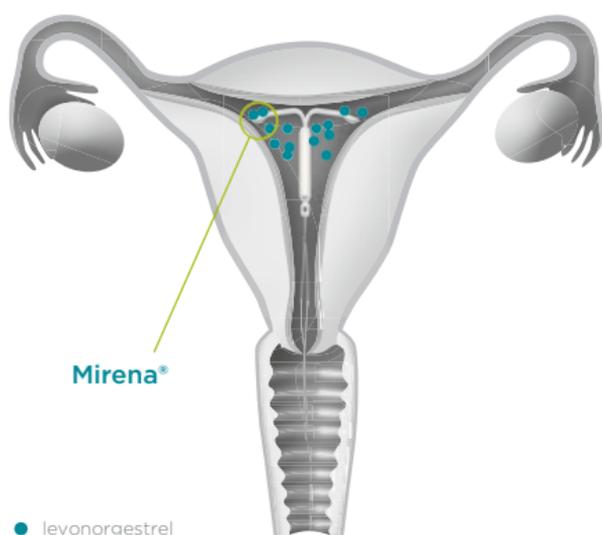
A small, flexible, plastic T-shape that sits in your womb. Once fitted, you shouldn't even know it's there.



# How does Mirena<sup>®</sup> work?

Mirena<sup>®</sup> slowly releases a **small amount of hormone**, a progestogen called levonorgestrel.<sup>1</sup>

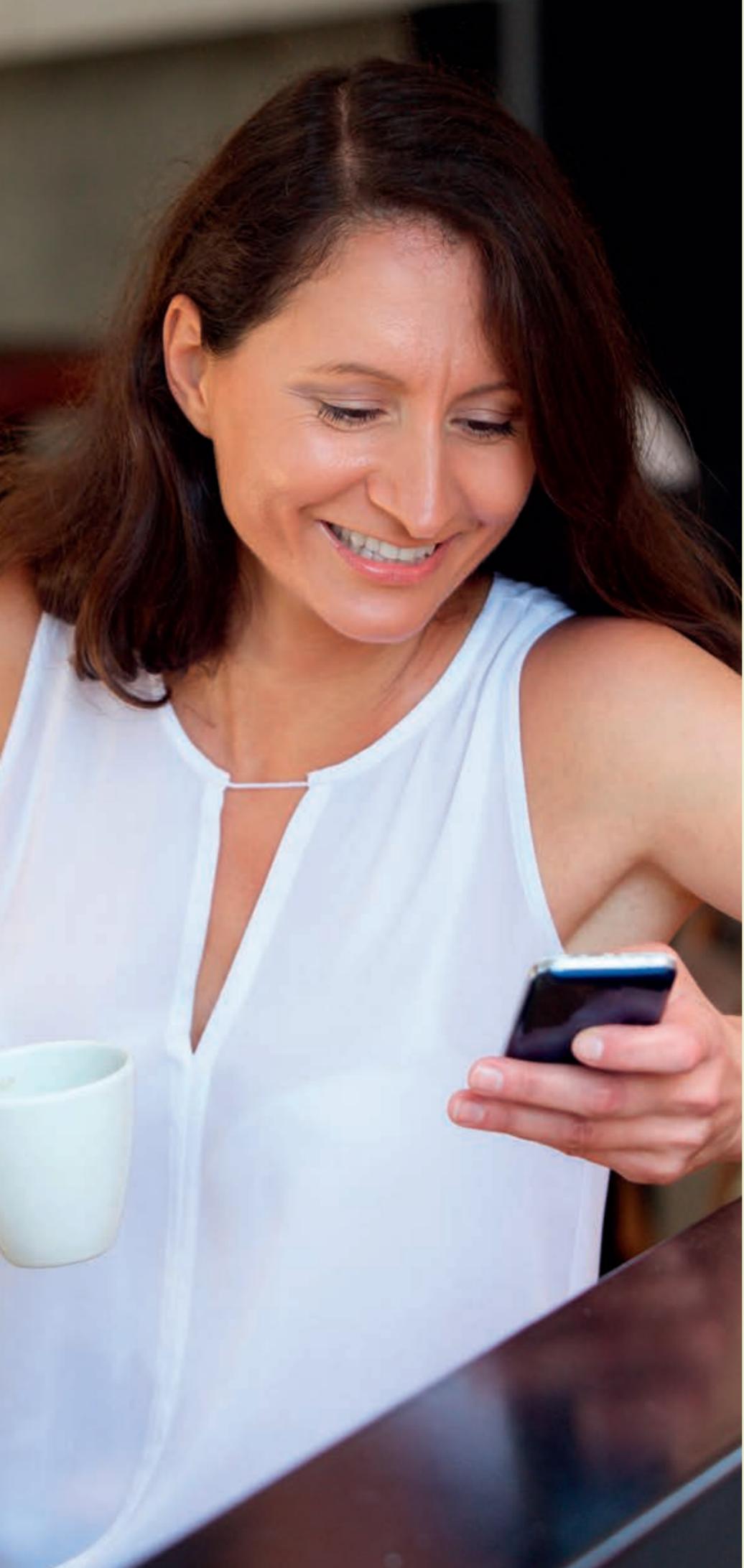
As Mirena<sup>®</sup> is placed in the womb,<sup>1</sup> it works right where it is needed and only very small amounts of hormone will enter your bloodstream. Ovulation (the release of an egg from the ovaries) usually continues while using Mirena<sup>®</sup>.



## Is Mirena<sup>®</sup> suitable for me?

**Mirena<sup>®</sup> may be suitable for a variety of women**, regardless of whether you've had a baby or not. It's suitable for women of different reproductive ages, including women who are going through the menopause.





# Mirena<sup>®</sup> as a treatment for Heavy Menstrual Bleeding (HMB)

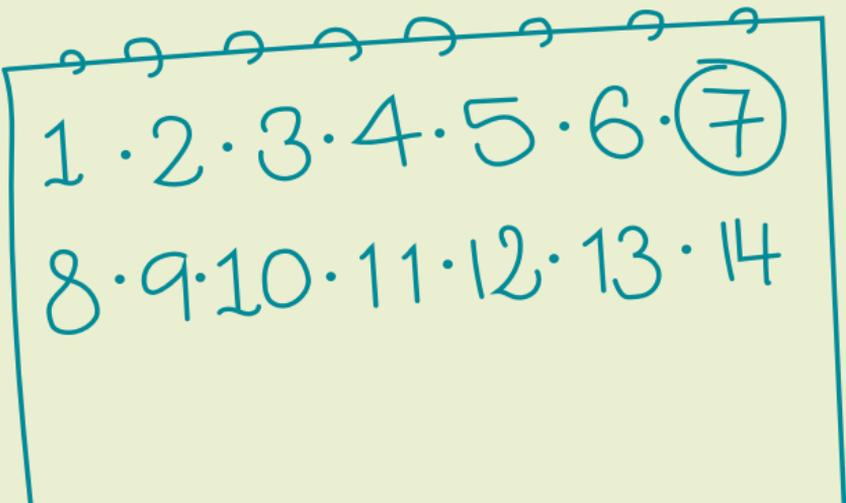
## What is HMB?

Menstrual bleeding is considered heavy when it interferes with your physical, social and/or emotional quality of life.<sup>2</sup> Changing sanitary wear more than every 2 hours, or the need for double protection, are also signs of HMB.

## Mirena<sup>®</sup> for HMB

Mirena<sup>®</sup> prevents thickening of the lining of the womb, which reduces blood loss during menstruation when the lining of the womb is shed.<sup>1</sup> Mirena<sup>®</sup> is an effective treatment for HMB, and should result in lighter bleeding after 3-6 months of use.<sup>1</sup>

**Mirena<sup>®</sup> treats HMB for 5 years**, but you can have it removed sooner if you wish.<sup>1</sup>





# Mirena<sup>®</sup> as a part of Hormone Replacement Therapy (HRT)

## **What is HRT?**

Menopause often causes distressing symptoms, due to the gradual loss of the female sex hormones – oestrogen and progesterone – produced by the ovaries.<sup>1</sup> HRT is designed to reduce these symptoms by raising the levels of these hormones.

Oestrogens can be used to relieve the menopausal symptoms, however, taking oestrogens alone increases the risk of abnormal growth or cancer of the lining of the womb.<sup>1</sup>



# Mirena<sup>®</sup> for endometrial protection during oestrogen replacement therapy

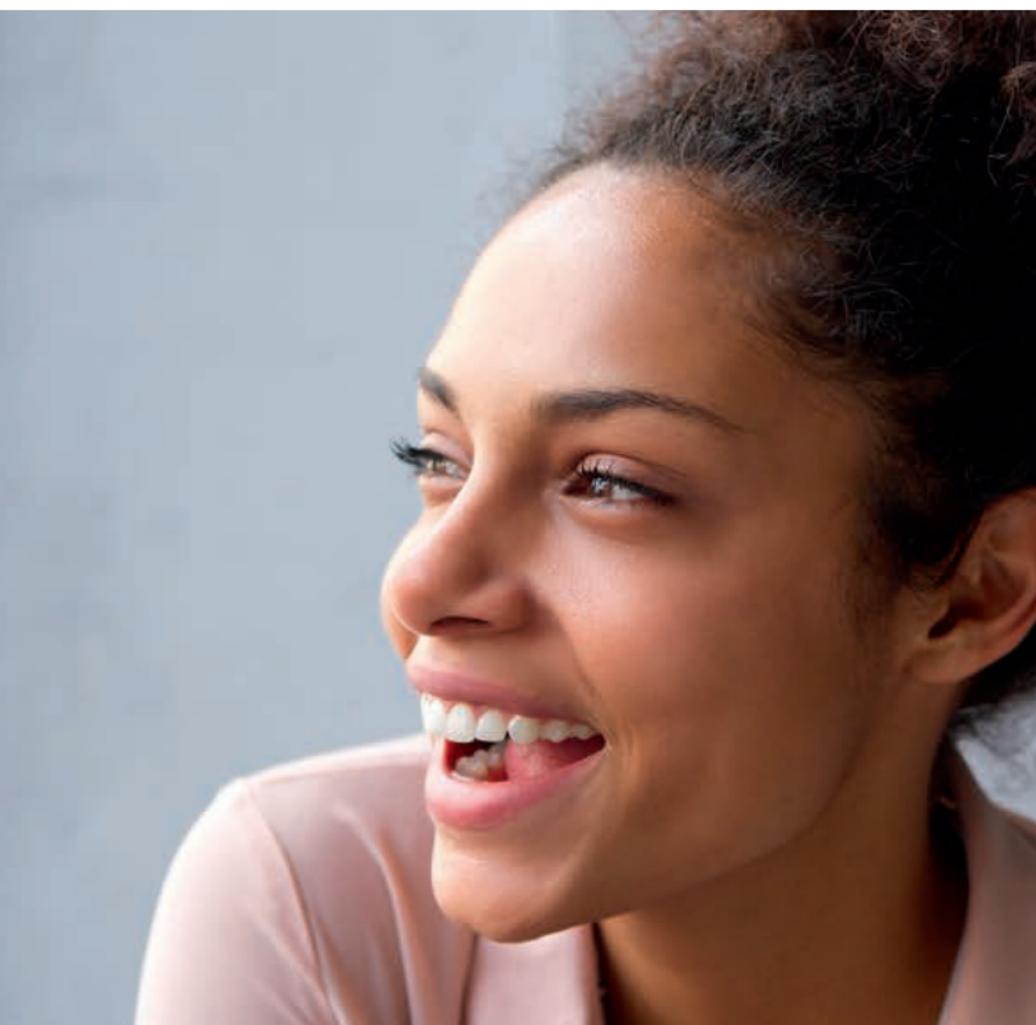
Taking a progestogen, such as the hormone in Mirena<sup>®</sup>, as part of an HRT regimen lowers the risk of abnormal growth by protecting the lining of the womb.<sup>1</sup>

Mirena<sup>®</sup> can be used for **4 years** when used for HRT,<sup>1</sup> but you can have it removed sooner if you wish.

# How effective is Mirena® as a contraceptive?

Mirena® is **over 99% effective**,<sup>1</sup> meaning that it is one of the most effective forms of contraception available.

Mirena® provides effective, **reversible contraception for 5 years**,<sup>1</sup> but you can have it removed sooner if you wish.



# How does Mirena® prevent pregnancy?

- Thickening the mucus of your cervix, preventing the sperm from getting through to fertilise an egg<sup>1</sup>
- Thinning the lining of your womb, making it difficult for an egg to attach<sup>1</sup>
- Preventing the release of eggs (ovulation) in some women<sup>1</sup>

## Will I be protected immediately?

If Mirena® is fitted **within 7 days from the start of your period**, you will be protected against pregnancy **straight away**.<sup>1</sup>





## Is Mirena® the same as the coil?

Mirena® is not the same as the copper coil. It is a hormonal coil. Unlike the copper coil, which uses copper to prevent pregnancy, Mirena® prevents pregnancy by releasing a small amount of hormone.

# Don't judge an IUS by its box size

Before you have your Mirena® fitted, you may have to pick it up from the pharmacy. It comes in a box that'll look big for such a small contraceptive, but don't worry. This is because the box contains everything that is needed to comfortably and quickly fit Mirena®, not just the Mirena® itself.



**You don't need to worry about doing anything with your Mirena® at this point,** you just need to remember to bring it with you to your appointment. Your doctor or nurse will handle the rest.

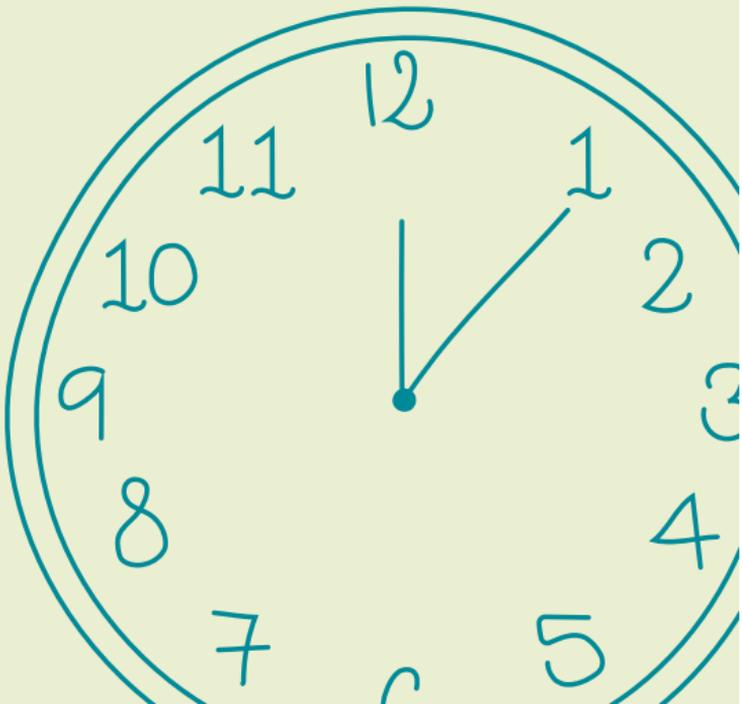


# What happens when you go to your appointment?

Fitting Mirena® takes around **five minutes**, but you will have a longer appointment so that your doctor or nurse can talk you through everything and make sure that you're happy to proceed. If you are epileptic, please make your doctor or nurse aware of this ahead of the fitting.

When you are comfortable and ready, Mirena® is placed in the womb using a thin tube. Once inside, it opens into the 'T' shape and the two small threads at the bottom of Mirena® are cut to the right length. Your doctor or nurse will show you how to check that your Mirena® is in place by finding and feeling the threads.

Once it is fitted you should not be able to feel your Mirena®.



# Will it be painful?

Placing Mirena® **may feel similar to a smear test**, so some women may feel uncomfortable, but you can ask your doctor or nurse about ways to minimise discomfort ahead of your appointment. You may want to bring a panty liner with you in case you experience any spotting or bleeding after placement.



# What happens afterwards?

After insertion, you may feel some pain similar to menstrual cramps. However, this usually disappears within a few days. If you experience severe pain, fever or heavy bleeding after Mirena® is inserted, or if pain/bleeding persists for more than a few weeks, please make an appointment to see your doctor or nurse.<sup>1</sup>

You should be offered a check-up 4-6 weeks after placement to make sure everything is going okay.<sup>1</sup>

At the end of the fourth or fifth year, depending on what you have been prescribed it for, your Mirena® should be taken out by your doctor or nurse.

If you wish to continue using Mirena®, you can get a new one placed during the same appointment.<sup>1</sup>





## Your periods might change, but this is normal

Every woman is different, but Mirena® is likely to affect your menstrual cycle, especially during the first 3-6 months after placement.<sup>1</sup> The bleeding that can occur includes bleeding and spotting between your regular periods while your womb adjusts to Mirena®.<sup>1</sup>

A few months afterwards though, you might find that your periods become lighter, shorter or stop altogether.<sup>1</sup> This is normal.

# Can I become pregnant with Mirena®?

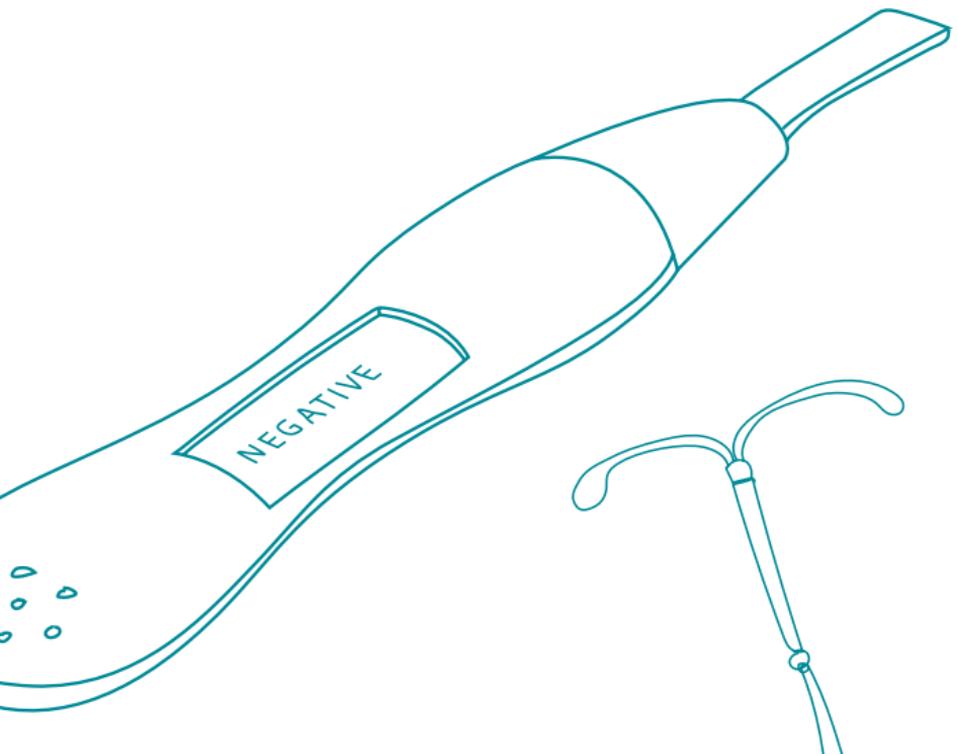
It is **very unlikely that you will become pregnant with Mirena®**. Some women find that their periods stop with Mirena®, so if this happens to you, it may not mean that you're pregnant.<sup>1</sup> If you are worried about being pregnant or have any pregnancy symptoms, then you should take a pregnancy test, or see your doctor or nurse as soon as possible.

## Will my fertility be affected?

Your usual level of **fertility will return soon** after Mirena® is removed.<sup>1</sup>

## Can I use Mirena® whilst breastfeeding?

Mirena® can be placed from 6 weeks after giving birth and can be used if you are breastfeeding. Very small amounts of levonorgestrel are found in breast milk.<sup>1</sup> If you want to breast-feed your baby you should discuss this with your doctor or nurse at the time of placement.<sup>1</sup>





## Can Mirena<sup>®</sup> cause any side effects?

Similar to other hormonal contraceptives containing progestogen, Mirena<sup>®</sup> can cause side effects in some women, such as vaginal bleeding including spotting and absent, light or infrequent menstrual periods.<sup>1</sup> Full details of these can be found in the leaflet that comes in the Mirena<sup>®</sup> box and this should be given to you by your doctor or nurse. **If you experience any side effects, talk to your doctor, nurse or pharmacist for advice.**

### **Can I change my mind about Mirena<sup>®</sup>?**

Your doctor or nurse can **easily remove Mirena<sup>®</sup> at any time.**<sup>1</sup> If you do not wish to get pregnant, the removal should be carried out during the first 7 days of your period or alternative contraceptive methods should be used.<sup>1</sup>



# Reporting side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search MHRA Yellow Card in Google Play or Apple App Store.

By reporting side effects, you can help provide more information on the safety of this medicine.

## References

1. Mirena<sup>®</sup> Patient Information Leaflet.
2. The National Institute for Health and Care Excellence (NICE). Heavy menstrual bleeding: assessment and management (NG88). March 2018.

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