

Mirena Coil Insertion

Patient Information Leaflet

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Na żądanie ta ulotka może zostać udostępniona
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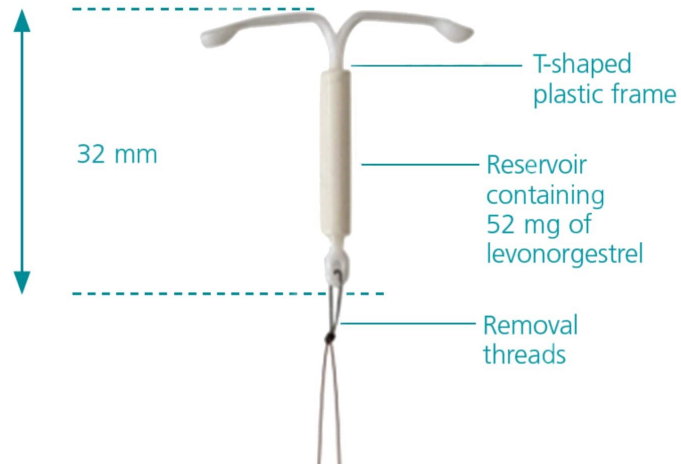
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About the Mirena Coil

You have been given this leaflet because you have chosen Mirena (an intrauterine system) for one or more of the following:

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

Mirena® in the uterus



If you change your mind about the Mirena your doctor or nurse can easily remove this at any time. Unless you wish to get pregnant, the removal should be carried out during the first 7 days of your period.

Further Information

If you have any questions please do not hesitate to contact:

Sanderson Suite

01744 646098/ 646089

Ward 3E Gynaecology, Whiston Hospital

01514301522 (24 hour contact number)

For further information:

www.whmatters.co.uk/product-information/mirena

Post op information

- You may experience bleeding or spotting after placement of the Mirena, this is completely normal.
- After insertion you may feel some pain similar to menstrual cramps, however, this usually disappears within a few days. Take your usual pain relief. Always read the label.
- You are advised not to use tampons until after two menstrual cycles, use sanitary towels as alternative.
- If you experience severe pain, fever or heavy bleeding after Mirena is inserted or if pain/bleeding persists after a few weeks, please see medical advice.
- If you have any signs of infection for example offensive smelling discharge, please contact your GP or local walk in centre.

Your periods may change but this is normal, every women is different but the Mirena is likely to change your menstrual cycle in the first 3-6 months after placement.

The bleeding that can occur includes bleeding and spotting between your regular periods whilst your womb adjusts to Mirena.

A few months afterwards, you might find that your periods become lighter, shorter or stop all together, this is also normal.

You may be advised to arrange for a thread check for six weeks with your practice nurse or GP.

Alternatively, you can check your coil yourself by feeling for the threads with your finger through the vagina. It is advised that you check on a monthly basis, this is particularly important after any heavy bleeding.

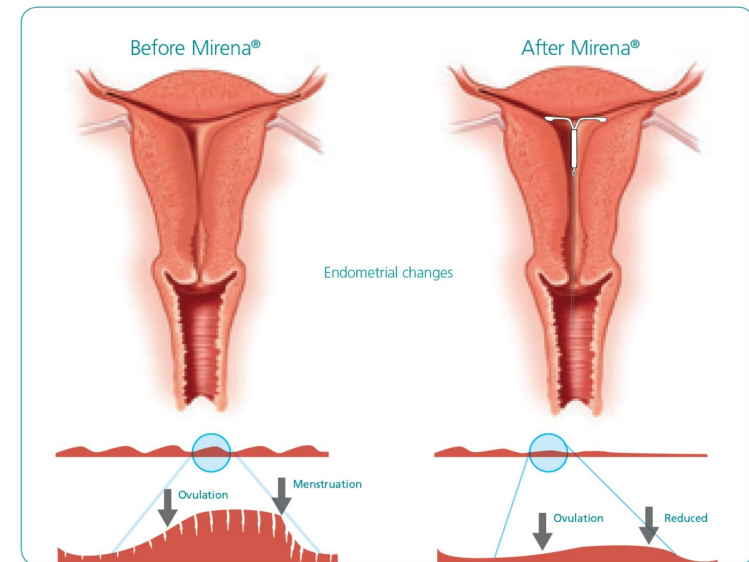
How does it work?

The coil is small flexible, plastic T-shape that sits in your womb.

The Mirena slowly releases a small amount of hormone, a progestogen called Levonorgestrel.

Placed in the womb, it works right where it is needed and only small amounts of hormone will enter the bloodstream.

Ovulation usually continues whilst using the Mirena.



The Mirena is not the same as the copper coil. It is a hormonal coil.

Is the Mirena suitable for me?

Mirena may be suitable for a variety of women, regardless of whether you have had a baby or not.

Its suitable for women of different reproductive ages, including women who are going through menopause.

If you are **epileptic**, please make your doctor or nurse aware of this ahead of fitting.

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. If you want to breastfeed your baby you should discuss this with your doctor at time of placement.

How effective is the Mirena as a contraceptive?

Mirena is over 99% effective meaning it is one of the most effective forms of contraception available. It provided effective, reversible contraception for 5 years, but can be removed sooner if you wish.

How does Mirena prevent pregnancy?

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

If the Mirena is fitted within 7 days from the start of your period, you will be protected against pregnancy straight away.

Your usual level of fertility will soon return after the Mirena is removed.

The procedure

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 correct length.

Once fitted, you should not be able to feel your Mirena.

Placing the Mirena may feel similar to a smear, so some women may feel uncomfortable.