



THE UNIVERSITY  
of EDINBURGH



Improving lifelong well-being

## *Mirena™ IUS (Intra Uterine System or coil)*

### **What is it?**

The Mirena™ is a small T-shaped plastic device which sits in the womb. It contains the hormone levonorgestrel (a progesterone-like substance). It is a very reliable contraceptive but has the additional benefit of improving pelvic pain and reducing heavy menstrual bleeding.



### **How does it work?**

The Mirena™ works by slowly releasing a small amount of levonorgestrel into the lining of the womb on a continuous basis and making it much thinner. It can also affect regular egg production (ovulation). Overall most women experience a reduction in pelvic pain and vaginal bleeding. After one year most women will have very light or even absent periods. It is important to understand that spotting in between periods is common in the initial months of use, but that this inconvenience will usually settle within 3-9 months. A panty-liner is usually all that is required for this spotting.

### **How is it inserted?**

The Mirena™ can be fitted easily in the clinic. Preparation will take about five minutes but the insertion itself only takes a few seconds and most women will only have a little discomfort (cramping period-type pain). This discomfort may continue for 5-10 minutes after the Mirena™ has been fitted. The Mirena™ will have a thread which means it can be easily removed when required.

### **What to expect after it has been fitted**

You should not be aware of the Mirena™ when it is in your womb. If you experience pain that does not go away with simple painkillers in the first 48 hours after it has been fitted, you should contact NHS 24 or your GP. Rarely, it can work its way through the womb wall. Also, if you notice a smelly vaginal discharge, you should contact NHS 24 or your GP. Occasionally, you can get an infection in your womb. This is usually easily treated by a course of antibiotics.