



## What to expect

You may have some light bleeding from your vagina over the next few days, this is normal.

- With Hormonal IUDs (Mirena and Kyleena), you may have irregular bleeding for some weeks or even months, but this should gradually improve as time goes on. Your doctor or nurse should have discussed this with you before insertion.
- With Copper IUDs, you should have a period that comes when you are expecting it, but your period could be heavier, longer, or more painful than normal.

## Discomfort or pain

You may feel some cramping or dizziness after your insertion. These symptoms usually go away after a few hours, but please contact us if you are concerned. You may have some cramping pain over the next 2-3 days. You should be able to manage this with hot packs or simple painkillers like paracetamol or ibuprofen.

If you are experiencing severe pain, feeling unwell, having very heavy bleeding, or noticing unusual discharge, please book an appointment with a doctor at SHQ, a local GP or visit an Emergency Department.

## Post procedure instructions

- 1) Don't put anything into your vagina for the next 48 hours - this includes tampons, dildos, or fingers. Do not have sex for the next 48 hours, or swim or take a bath (showers are fine). This reduces the risk of infection.
- 2) We encourage you to check the strings after each period or about once a month. This can be done by putting your index or middle finger into your vagina. Try doing this lying down, in the squatting position or with one foot resting on the toilet whilst standing. You should be able to feel the two fine threads.

*If you can feel the hard plastic stem of the IUD, cannot feel the string, or the string feels longer than usual, use condoms until a doctor has confirmed the IUD is in the correct position. Do not pull on the threads as you could accidentally pull the IUD out.*

## IUD Effectiveness

### Hormonal IUDs

- Mirena and Kyleena can take up to 7 days to work as a contraceptive. You may need additional contraception to avoid pregnancy during this time.
- Kyleena can be used for contraception up to 5 years and Mirena for up to 8 years
- Mirena can be used as part of menopausal hormonal therapy for up to 5 years
- Mirena can help control heavy menstrual bleeding for as long as symptoms are managed, usually 5 to 8 years



## Non-hormonal IUDs

- Copper IUDs are immediately effective.
- Copper IUDs can be used for 5-10 years, depending on the type of device inserted. If you are unsure about the duration of use, please check with your clinician.

## Menstrual cups

Menstrual cups can pull out an IUD if the string is caught between the edge of the cup and vagina. We do not recommend using them until the IUD has been in place for at least 3 months. Be careful when removing the cup so that the suction does not pull on the IUD.

## Hormonal side effects

If you have had a Mirena or Kyleena fitted, you may experience some hormonal side effects. These can vary between individuals and may include pimples, breast tenderness, or headaches during the first few months after insertion - this is normal. Occasionally, some people may notice increased appetite or mood changes. These symptoms typically improve within a few months, but if they are concerning, please discuss them with a doctor at SHQ or your GP.

## Follow up

Routine follow-up after an IUD insertion is no longer recommended. Most people do not need to return for a check-up unless they have symptoms or concerns.

Please arrange an appointment at SHQ or another health care provider if you experience any of the following:

- Cannot feel the IUD strings/strings feel different to how they previously felt.
- You can feel the hard plastic “stem” of the IUD
- Heavy bleeding (2 or more pads per hour) or there is an unexpected change to your bleeding pattern.
- Have signs of infection - this can include an increase or change in the colour of your vaginal discharge, vaginal discharge that smells bad, pain in your lower tummy or fevers.
- Either you or your partner is experiencing pain during sex.

You can request a follow-up appointment at any time if you would like to discuss your IUD, have the strings checked, or review any symptoms.

## Change or removal of IUD



**Your IUD will need to be changed to a new device in \_\_\_\_\_ years time**

At any point, if you have a problem with your IUD, please contact our Sexual Health Helpline on (08) 9227 6178 or speak with your local GP.

Your IUD can be removed at any time, however if you are not planning to become pregnant, it is very important that you do not have sex for 7 days before having it removed.

To view the Consumer Medicine Information for Mirena, Kyleena and Copper IUDs, visit [ebs.tga.gov.au](https://ebs.tga.gov.au)