

Mirena Coil

Pre and Post fitting Information

All coils are fitted at Wistaria surgery, 18 Avenue Rd, Lymington SO41 9GJ

If you are unable to attend your fitting appointment, please ensure that you cancel with as much notice as possible.

Ensure you are not Pregnant at the time of fitting - We need to be sure you are not pregnant when we fit the intrauterine device. If you have conceived prior to the time of fitting, the coil may not protect you from that pregnancy. Please ensure that you are using a reliable method of contraception in the month before your appointment. If you are taking a pill, keep taking this until the date of the fitting. If you are not having regular periods and not using a reliable method of contraception as above, you must avoid having intercourse for at least 2 weeks before your fitting appointment. We will perform a pregnancy test before fitting your IUD/IUS, so please **bring a urine sample to your appointment.**

Bleeding - We can fit the intrauterine contraception at any time of the month, including bleeding days.

Smears – If you are due a smear, please have this and ensure that the results are back prior to having your fitting. If there is any abnormality with your smear, you may need to have treatment without the coil in situ.

If you are having one coil removed and a new one inserted, please don't have unprotected intercourse for 1 week prior to the change. If we are not able to insert the new coil once the old one has been removed, you will not be protected for 1 weeks pre removal.

If you have **just had a baby**, you should start using reliable contraception 21 days after giving birth. You can have a Mirena fitted 4 weeks after giving birth.

How soon does it work after insertion? We advise you not to have intercourse for 7 days after having a coil fitted to ensure it has time to settle and minimise expulsion. Contraceptive cover will start after these 7 days.

On the day of your appointment

Take a painkiller 1-2 hours before your appointment, this may help reduce the discomfort and cramping.

Mefenamic acid 500mg
Ibuprofen 400mg
Paracetamol 1g

Please allow 1 hour for the appointment. Although the procedure itself usually takes 5 mins, a few women can feel faint afterwards and need time to rest and recover.

Please don't bring children with you.

Bring a panty liner as you can have some spotting post fitting.

Tampons are not recommended for 4 weeks post fitting.

Advice AFTER the fitting a Mirena Coil

Note it is your responsibility to contact us when it is time for removal or replacing your device (Book a GP appointment a few months before the due date). You will NOT be sent a reminder.

The length of time the Mirena can remain in situ depends on why you are using it.

Mirena Coil as Contraception The Mirena coil has a reviewed license and can now be used for **8 years for contraception**. If you are 45yrs or older when the device is fitted, it can be used until the end of your contraception need, which is typically until your 55th year. This is unlicensed but widely recognised as good practice.

Mirena coil as part of Hormone Replacement Therapy (HRT) The Mirena coil can be used for 5 years. It is important that you don't go over 5 years otherwise there may be an increased endometrial cancer risk. D/W your GP if you are on HRT and your Mirena coil is >5yrs old. They can give you a top up of progesterone until the Mirena is changed.

Mirena coil to control periods If your coil is only being used to help with heavy periods and you do not require contraceptive cover from the coil, it is safe to leave it as long as your periods are manageable, i.e. up to 10 years. If it is no longer controlling your periods sufficiently, or if you require contraception as well, then please make an appointment to discuss this with a doctor.

WHAT TO EXPECT AFTER YOUR DEVICE HAS BEEN FITTED

Some irregular spotting or bleeding is common after the fitting and over the first few months. You may have some period type pain or cramps for the first few days. These can be treated with normal painkillers.

There is a small risk of infection during the first 2-3 weeks after fitting. It is important to see a doctor urgently if you suffer any of these symptoms:

Worsening pain or pain that is not settling, Abnormal or offensive discharge from the vagina, Fever, shivering and feeling severely unwell.

ALSO SEE A DOCTOR IF

You think you might be pregnant

You think your device may have fallen out

You get a significant change in your bleeding pattern, months, or years after fitting

HOW SOON DOES THE DEVICE WORK?

After 7 days

WAIT FOR THE ADVISED AMOUNT OF TIME POST FITTING FOR THE FOLLOWING THINGS

Moon cup – not for 6 weeks

Tampons – not for 4 weeks

Sexual intercourse – not for 7 days

Swimming/Jacuzzi - not for 7 days

HOW DO I CHECK THAT THE MIRENA IS STILL IN PLACE?

It is important to check threads every month to ensure that IUS is still in place. Do this by putting your fingers into your vagina and feeling for the threads. The best time to check the threads is after your period, as the IUS is most likely to fall out during a period. If you do not have regular periods, check at the beginning of every month. Occasionally IUS's are expelled, and this happens most commonly in the first 4 weeks after fitting. If you have concerns, please use another form of contraception (i.e. condoms) until you have had things checked by a nurse.

WHAT WILL HAPPEN TO MY MENSTRUAL PERIOD?

Menstrual periods are likely to change. Within 12 months of the insertion most women will have no periods at all or periods will be much lighter. Most people will have irregular bleeding over the first 6 months, and this normally settles with time. If the bleeding is unacceptable or if you have a significant change in your bleeding pattern, e.g. if your periods return monthly, having previously had minimal bleeding, this may indicate that the Mirena has fallen out. Please check for the strings and if concerned please use another form of contraception until you have had things checked by a medical professional.

ARE THERE ANY OTHER SIDE EFFECTS?

Occasionally some women experience hormonal side effects such as bloating, nausea, breast pain, skin changes, occasional headaches and premenstrual tension or change in mood. These usually improve or subside after a few months.

HOW IS THE DEVICE TAKEN OUT?

A trained person can take the device out at any time, quickly, easily and with minimal discomfort, within a normal GP surgery.

Ensure you have not had unprotected intercourse in the 7 days prior to the removal of your device, as once removed, you could get pregnant if you have had intercourse in the week before removal.

Your fertility returns as soon as the device is removed.