

### After your hormonal IUD is put in

- You may have cramps or bleeding or spotting in the first few days. You can take paracetamol, ibuprofen and use a heat pack/hot water bottle.
- Avoid putting anything in your vagina for 2 days to reduce infections.
- Check the IUD strings after 2 days to make sure the IUD is still in the right place. You will be taught how to do this by the doctor or nurse
- It will not start working for 1 week
- It is normal to get irregular bleeding or spotting for the first 3-4 months. Bleeding usually settles down and periods become shorter and lighter or may stop altogether.

### Things to remember about hormonal IUDs

- Come back to the clinic straight away if you have any unusual symptoms such as:
  - ~Smelly or strange coloured discharge from your vagina
  - ~Pain low in your tummy
  - ~Pain during sex
- Protect yourself from STIs by using condoms.
- Make sure you keep a record of when your replacement is due and arrange for replacement no later than this date.

### How is it taken out?

The hormonal IUD can stay in place for 5 years but can be taken out sooner if you want to get pregnant or if you have problems with it. The hormone leaves your body very quickly.

A doctor or nurse at Family Planning or some GPs can take it out by gently pulling on the strings. It only takes a couple of minutes. Some people find it a bit uncomfortable but it is usually less painful than having it inserted.

If you want another hormonal IUD, a new one can be put in at the same time as the old one is removed.

**For further information please call:**

**ph: (08 ) 89480144**

**or**

**visit [www.fpwnt.com.au](http://www.fpwnt.com.au)**

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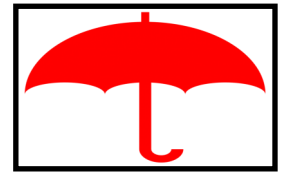
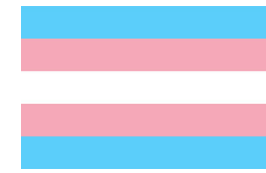
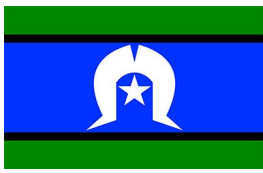
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# Hormonal Intrauterine Devices (IUDs)



### MISSION STATEMENT

*Family Planning Welfare Association of NT Inc will advocate for and provide enhanced reproductive and sexual health and well being to all Territorians. This will be achieved through the provision of best practice clinical care and contemporary education and information services.*



### What is a hormonal IUD?

Hormonal IUDs are small plastic T-shaped devices with a hormone called levonorgestrel (a progestogen-type hormone) in their stem. There are two types available in Australia. They are called Mirena<sup>®</sup> and Kyleena<sup>®</sup>. Kyleena<sup>®</sup> is slightly smaller than Mirena<sup>®</sup> and contains a lower amount of hormone. The hormonal IUD is placed inside the uterus to prevent pregnancy. A fine nylon thread is attached to the IUD -the thread comes out through the cervix into the top end of the vagina. Both types last for 5 years.



### How does a hormonal IUD work?

The IUD is placed in the uterus (womb). The hormonal IUD works in several ways:

- It thickens the mucus from your cervix so that sperm can't enter the womb
- It thins the lining of the womb to make it hard for a pregnancy to attach to the wall and
- It stops ovaries releasing an egg in some people

### Advantages of hormonal IUDs

- It is very effective
- It protects you against pregnancy for 5 years
- It can be removed at any time and your fertility goes back to normal very quickly after removal
- Both types usually make bleeding much lighter and sometimes periods stop altogether (this is more likely with Mirena than Kyleena)
- Once inserted you do not need to remember to take contraception daily
- Inexpensive over the long duration of use

### Disadvantages of hormonal IUDs

- It doesn't protect against sexually transmitted infections (STIs)
- It requires a procedure to be put in and removed; putting it in can be uncomfortable
- When the IUD is put in there is a small chance of:
  - ~Difficulty inserting the IUD
  - ~Feeling faint or sick
  - ~Damage to the wall of the uterus
  - ~Infection
  - ~It can sometimes come out by itself
- You can have some irregular bleeding or spotting for the first few months
- You can get hormonal side effects like:
  - ~Bloating
  - ~Headaches
  - ~Mood changes
  - ~Acne
  - ~Lowered interest in sex

### How well does it work?

Both types of hormonal IUDs are very effective. The Mirena IUD is 99.9% effective and the Kyleena IUD is 99.7% effective.

### Where do I get a hormonal IUD?

Family Planning have doctors trained in IUD counselling and insertion. This is done while you are awake (without sedation). Some GPs are also able to undertake this procedure. Gynaecologists can insert hormonal IUDs under sedation if this is required. You need a referral to a gynaecologist from a GP for this.

### Getting a hormonal IUD at Family Planning NT

You may need to make two visits. At the first visit the doctor or nurse will:

- Ask you questions about your health
- You will have a screening test for infection
- You will be given a prescription

You need to get the hormonal IUD from the pharmacy before your next visit

- Putting the hormonal IUD in takes about 10 minutes but you might be at the clinic for about 40 minutes.
- You may find having the IUD put in painful or uncomfortable