

# Advantages

- Highly effective (>99%) and reliable
- Last for 5 +years
- Can be taken out at any time and are easy to remove
- Can help people with heavy menstrual bleeding by lightening or stopping periods
- Cost effective over the course of its lifetime

# Disadvantages

- The procedure to insert it can be uncomfortable
- The insertion carries a small risk of perforation (damage to the walls of the uterus) or infection
- Some IUDs can come out by themselves (rare)
- A small percentage of people are impacted by hormonal side effects such as bloating or mood changes.

Everyone is different - if you're thinking about this method, please chat to a doctor or nurse at family planning about whether its suitable for you

## Our mission statement

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



## Get in touch with us!

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

Darwin Clinic - Unit 2, The Clock Tower, Dick Ward Drive Coconut Grove

Palmerston Clinic - Palmerston Health Precinct Complex, 3 Gurd Street Farrar NT 0830

**08 8948 0144**

Family Planning  
Welfare Association of NT Inc.

# Hormonal Intra Uterine Devices

(IUDS)



Long acting reversible contraception

99.7-99.9% effective

Can also help with heavy periods

## How does it work?

An IUD is a small device designed to be inserted through the cervix and sit inside the uterus .

- It contains a low dose of the hormone progesterone
- makes the mucus in the cervix thicker
- thins the lining of the uterus
- Sometimes stops an egg from being released

## How long does it last?

- For contraception the Mirena lasts 8 years, and the Kyleena lasts 5 years
- For management of perimenopause or heavy menstrual bleeding the Mirena lasts 5 years

## How much does it cost?

Please check with our reception staff for confirmation of up to date pricing.

- Medicare card = around \$210
- Health care/concession card = around \$60
- No medicare = around \$550. Check with your private health insurer if you have eligible for any rebates.

## Kyleena

- 19.5 mg levonorgestrel released locally in the uterus
- This equates to around half the level of hormone as a Mirena
- Lasts 5 years
- Can lighten or shorten periods
- Slightly smaller size than Mirena
- A good option for people wanting the lowest hormonal dose possible.

## Mirena

- 52mg levonogestrel
- Lasts 8 years for contraception.
- If you are 45 years and older at insertion it can remain in for up to 10 years (off label extended use)
- Can be used as part of hormone replacement therapy as progesterone component, or heavy menstrual bleeding. The Mirena should be changed at 5 years for these users.

## The insertion process

- Insertion with Family Planning requires 2 visits. The 1st visit is a 'workup' to get a full medical history and order any tests or ultrasounds (if required). The 2nd visit is for the insertion.
- The IUD is inserted via a thin tube through the cervix. This can be uncomfortable. Please ask your doctor at your workup if you would like to have a script for a Pentrox 'green whistle' for helping you manage insertion. You will have to fill this script at a pharmacy several weeks before your insertion.
- On the morning of insertion, remember to have some pain relief and breakfast.
- It is very important to avoid pregnancy in the time leading up to insertion. If we are unable to exclude pregnancy we might not be able to go ahead with insertion

## After the insertion

- It is normal to get irregular bleeding and cramping for the first 3-4 months. After this bleeding usually settles or may stop altogether. You may need to be patient with your IUD in this initial phase.
- You can check the IUD strings yourself to see if it's in the right place. If you can't feel them, ask a GP or make an appointment at family planning and we can check for you.
- Make an appointment straight away if you have strange or smelly vaginal discharge, bad abdominal pain or pain during sex.