

Mirena or Levosert (IUS)

Patient Information

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Author ID: RK
Leaflet Number: Gyn 003
Version: 10
Name of Leaflet: Mirena or Levosert (IUS)
Date Produced: August 2019
Review Date: August 2021



What is it?

An intrauterine system (IUS) is a small T shaped plastic device which is fitted into the uterus by a trained Doctor or Nurse either for contraception or to treat heavy periods. It releases a small amount of a progestogen hormone into the uterus. (The hormone released is similar to the progesterone that is produced in the ovaries). There are two different brands, Mirena and Levosert which are very similar and contain the same progestogen.

How reliable is it?

Contraception

It is as effective as sterilisation, or possibly more effective, in preventing pregnancy but it is not permanent, your fertility will return almost immediately when it is removed. If 1000 women use the Mirena/Levosert for one year, only two will become pregnant.

Reducing heavy periods

- In the first three to four months it is likely that you will have bleeding on more days than not but this is usually light enough that you only require a panty liner for protection. Occasionally it may be heavier than this.
- After the first few months your periods will become more regular but are usually very light and in some cases they may stop altogether. If the flow remains fairly heavy then tampons may be worn but these should be avoided if there is only a very light loss.

Hormone replacement therapy

Hormone replacement therapy (HRT) for women who have not had a hysterectomy consists of 2 different hormones, oestrogen and progestogen, usually given as tablets or skin patches. Some women find that progestogen given as tablets or patches makes them feel unwell but it is very important that it is taken to help prevent cancer of the lining of the womb which can occur if oestrogen is taken without progestogen. As a Mirena IUS contains progestogen it can be used instead of tablets or patches for the progestogen part of HRT. If it is used for this purpose it needs to be changed every 4 years. The Levosert device does not yet have a license for this use so a Mirena will always be used.

Fitting & checking

- The Mirena/Levosert is ideally fitted either during a period or within a week of the period starting.
- Usually the Mirena/Levosert can be fitted in clinic but may require an anaesthetic especially if you have never had children.
- You may experience period like pain during fitting and for a few hours afterwards which should respond to mild pain killers.
- The Mirena/Levosert has two fine threads attached to it which can be felt sticking out of your cervix. You can use these to check the Mirena/Levosert is still inside but you will not feel them unless you try to do so.

Side Effects

- You may experience some period type pain in the lower abdomen which will gradually reduce with time. If the pain is severe you should attend for a check-up as it may indicate that the Mirena/Levosert has been partly expelled or is displaced.
- The level of hormone released into the blood stream is very low and so usually there are no side effects from this. There are, however, a few women who seem very sensitive to the hormone and who may experience mood changes, acne, headache or breast tenderness. Usually these effects lessen with time.
- Your periods may change in a way that is not acceptable to you (your periods may stop altogether).
- The hormone in the Mirena/Levosert does occasionally cause small cysts on the ovaries which may be noted if you have a scan. These do not cause any problems and usually disappear spontaneously.

Benefits

- It provides very effective contraception for five years.
- Your fertility will return to normal almost immediately when it is removed.
- Your periods are likely to become much lighter and shorter and less painful or may stop altogether.

Risks

There is a small chance of getting a pelvic infection during the first three weeks after a Mirena/Levosert IUS is fitted. Pelvic infections are uncommon after the first three weeks because the progesterone in the IUS thickens the cervical mucus. However an IUS does not protect you against sexually transmitted infections, so you need to use condoms if you are at risk of getting a sexually transmitted infection.

There is a small risk that the IUS might go through (perforate) your uterus or cervix when it is put in. This may cause pain but often there are no symptoms. If the IUS perforates the uterus or cervix it may have to be removed by surgery.

If you do become pregnant while you are using the IUS there is a small risk of ectopic pregnancy. The risk of ectopic pregnancy is less in women using an IUS than in women using no contraception.

For whom is it not suitable?

There are very few women for whom a Mirena/Levosert is not suitable but it is important to tell the doctor fitting the Mirena/Levosert about any medical conditions, which you have.

It is suitable for those with high blood pressure, migraine or a history of a thrombosis in the past.

Alternatives to the IUS:

The copper IUD may be used for contraception in place of the Mirena/Levosert IUS. The copper IUD is effective for contraception for 5 to 10 years. Periods may be heavier/longer/more painful with a copper IUD. The copper IUD is suitable for women who wish to continue to have periods.

Phoning for advice

Advice may be sought from:

The clinic in which it was fitted or

Swinley Ward, Royal Albert Edward Infirmary 01942 822568

Please use this space to write notes/reminders.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

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Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website:

http://www.wwl.nhs.uk/patient_information/leaflets/

This leaflet is also available in audio, large print, braille and other languages upon request. For more information please ask in department/ward.

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