



Rose Clinic Bray

# Hormonal Coil Insertion

Hormonal Coils or Intrauterine Systems (IUS) are inserted for women who are experiencing heavy periods, for contraception or as part of your hormone replacement therapy.

**Please remember to bring the device with you.**

## What is an IUS (Intrauterine System)?

There are three types of IUS available in Ireland: Mirena, Kyleena and Jaydess. An IUS is a small, flexible, plastic device which sits inside the womb. There are two threads attached to it which pass out through the neck of the womb. They do not hang outside the body and your partner should not be able to feel them during sexual intercourse.

The IUS contains levonorgestrel, a progestogen hormone. The hormone thickens the mucus in the neck of the womb (cervix). This stops sperm getting through to the womb to fertilise an egg. The hormone also makes the lining of your womb very much thinner. As a consequence, it can make your periods much lighter - indeed they may disappear altogether. Some types of IUS may also be used to treat heavy periods, painful periods, endometriosis and fibroids.

The IUS is a very effective method of contraception. Once fitted, it works as a contraceptive for as long as you need it to, between three or eight years depending on the type.

The Mirena IUS can also be used to protect your womb, while you are taking Oestrogen as part of HRT for up to 5 years.

Once an IUS is inserted you no longer need to use other contraception. The IUS does not interfere with having sex. Although it contains progestogen, the quantity of the hormone which gets into your general system is very low. It does not usually therefore cause the side-effects which can occur with higher doses of hormones. After 12 months most users of the Mirena IUS only have a light bleed for one day per month or so, and about 1 in 5 users have no bleeding at all. Fertility returns as soon as the IUS is removed.

You can use sanitary towels or tampons for your period with an IUS in place. A cervical smear can also be taken.



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### How to Prepare for Your Visit:

In preparation for your visit we ask that you eat a snack or a meal about 1 hour prior to your appointment time. Immediately following this we recommend that you take 500mg of Naproxen (on prescription) or 400mg of Ibuprofen. If you are unsure if this is safe for you to take, please consult with your GP or pharmacist. Please bring a sanitary pad with you to your appointment as you may have some bleeding after insertion.

Screening for chlamydia and gonorrhoea can be done during your appointment if you feel you may be at risk.

If you are using a birth control pill/patch or ring continue using it until your appointment and plan to continue for 7 days after insertion of your IUD.

You can expect to be in our clinic for approximately 45mins for your appointment. You will receive comprehensive counselling from our Doctor and will be asked to sign a form of consent.

After insertion of an IUD some women are able to resume normal activities immediately and others may need to plan for reduced activities for 1-2 days. Occasionally some women can feel faint or nauseous after insertion, having a good meal prior to insertion and taking pain relief can help.

We request where possible, you bring a driver to your appointment.

***\*\*Please Note: It is not possible to insert a Mirena coil if there is any possibility that you may be pregnant. We ask that you arrange your coil insertion for within 7 days of the start of your normal menstrual period or that you avoid unprotected sexual intercourse from the start of your last normal period. If you are getting a coil removed and immediately replaced, it is important to avoid unprotected sexual intercourse for 7 days before and after your appointment. Your doctor may do a pregnancy test (using a urine sample) prior to your procedure.\*\****



## What are the side-effects or risks of the intrauterine system?

- Irregular bleeding

You may have irregular bleeding, especially in the first 3-6 months. This usually settles down. It is usually a light "spotting" of blood which women can find a nuisance. Heavier bleeding can occasionally occur. If you experience heavy bleeding or a marked change in bleeding pattern you should discuss this with your doctor. It may mean the IUS has come out without you realising, or could be a sign of infection or pregnancy.

- Ectopic Pregnancy

A pregnancy developing outside the womb, usually in the Fallopian tube, is known as an ectopic pregnancy and is very unusual with the IUS. If you do develop one-sided abdominal pain with bleeding you should discuss this with a doctor.

- Expulsion

The IUS may come out without you noticing. This happens to 1 woman in every 20. It usually happens in the first year, particularly in the first three months, during your period.

- Damage to the womb

The fitting of an intrauterine contraceptive can very rarely make a small hole in the womb - this is called perforation. It protrudes through the wall of the womb and can escape into your abdominal cavity. This happens in fewer than 2 women per 1,000, usually at the time of fitting. The main symptom is not being able to feel the threads. Your womb will heal on its own but you may need an operation to remove the IUS. An ultrasound scan will be carried out to find a lost IUS. If ultrasound does not find the IUS, an X-ray will be ordered.

- Hormonal side-effects

Hormonal side-effects are uncommon. Hormone side-effects are less common than with the progestogen-only pill and the contraceptive injection or implant. If side-effects do occur, they tend to develop in the first few months, and are temporary.

Examples of possible side-effects include:

Mood swings. Reduced sex drive (libido). Fluid retention. Increase in acne. Breast discomfort: A slight increase in breast size

- There is no evidence that women with an IUS put on weight.
- The IUS does not protect you against any sexually transmitted infections.



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***You should consult a doctor if any of the following occur:***

- ***Prolonged tummy (abdominal) pain after an IUS is inserted.***
- ***Vaginal discharge with or without pain. This may indicate infection.***
- ***You can't feel your threads and suspect that the IUS has come out or is coming out.***

***If you cannot feel the threads or feel something that feels like the head of a match, then use other contraception (such as condoms) or do not have sex until you have been checked by a doctor or nurse.***