

## Mirena Intrauterine Contraceptive

### ***What is the Mirena IUC?***

Mirena is a hormone-releasing system placed in the uterus to prevent pregnancy for up to 5 years. It is made of a soft, flexible plastic that is put in place by your healthcare provider during an office visit.

### ***Does Mirena contain Estrogen?***

No, there is no estrogen in Mirena. It contains Levonorgestrel which is a Progestin-type hormone similar to what is produced by the ovaries and found in some birth control pills.

### ***How does Mirena work?***

Mirena may stop the release of an egg from your ovary, but this is not the way it works in most cases. It thickens cervical mucus to prevent sperm from entering the uterus. It inhibits sperm from reaching or fertilizing an egg and it makes the lining of the uterus thinner than it would be without birth control. Most likely these actions work together to prevent pregnancy.

### ***Are there benefits other than contraception?***

Yes, the majority of women who have heavy periods saw an 80% reduction in bleeding as early as 3 months into Mirena usage. At 6 months, the majority had over a 90% reduction in bleeding.

### ***How effective is the Mirena IUC?***

It is one of the most effective forms of birth control available. It is considered over 99% effective.

### ***Does Mirena prevent STDs?***

Mirena does not protect against HIV or STDs.

### ***When should Mirena be placed?***

Within 7 days of the start of your period.

### ***Is Mirena covered by insurance?***

Yes, it is covered by most insurance.

### ***Is there maintenance for Mirena?***

Two threads or strings for Mirena should be checked monthly by gently feeling for them. You and your partner will not know they are there unless you check.

### ***Can Mirena be removed early?***

Yes, it can be removed at any time before the 5-year period if you want to try to get pregnant, or for any other reason. You may become pregnant as soon as Mirena is removed or you may change to another type of birth control when you have it removed.

### ***Who is Mirena right for?***

Women who:

- Want birth control they don't have to think about every day
- Are between having children
- Are unsure if they want more children
- Want to treat heavy periods also

### ***Who should not use Mirena?***

Women who:

- Are pregnant
- Have had a pelvic inflammatory infection (PID)
- Get pelvic infections frequently or easily
- Have cancer of the cervix or uterus
- Have unexplained bleeding
- Have liver disease or a liver tumor
- Have or had breast cancer
- Have fibroid tumors of the uterus
- Are allergic to Levonorgestrel, silicone or polyethylene

### ***Is Mirena available at SHC?***

No, but there are multiple local GYN offices that place the IUD.

### ***How can I learn more about Mirena?***

Go to [www.Mirena.com](http://www.Mirena.com) to learn more about this long acting reversible contraceptive.