

MIRENA / KYLENA "COIL" INSERTION

Your GP has referred you for a coil because other forms of contraception have not suited you or because you have decided this is your preferred option for contraception. You may also have decided for the coil for treatment of heavy or painful periods. This document will hopefully answer any questions and ensure the experience goes smoothly for you.

ADVICE FOR BEFORE HAND:

- Please call and make your appointment on the first day of your period as ideally, we insert coils between day one and day five of your period.
- Fee for insertion of IUS is €160 for private patients.
- Fee for Medical card patients is €80. This must be paid on deposit before an appointment can be secured.
- **Please ensure you bring your own coil with you. Your own GP should have decided what device (Mirena, Kylena, Copper) is best for you and given you a prescription. We do not supply devices, except for copper coils.** Please let us know which device you have opted for when you book your appointment.
- Your own GP should have carried out a STI screen before referring you.
- For women having a coil change do NOT have sexual intercourse for one week prior to coming in.
- Please read consent form prior to attendance. (put in link for consent form)
- For women having their first coil, do not be scared by the size of the box. The actual coil is just over 3 cm.
- Take 400mg of ibuprofen about 30min before your appointment.
- Ideally have your afternoon free so you can relax afterwards.

INSERTION PROCEDURE:

- A device called a speculum is inserted into the vagina (the same device that is used when you are having a smear test done) so the doctor can see the cervix.
- We perform STI screen on all women. Please do not be upset or embarrassed about this. This is in guidance with international policy and our own experiences.

- The cervix is cleaned, and the coil is gently inserted through the narrow opening of the cervix which leads into the womb.
- The entire procedure last only a few minutes, and usually only mildly uncomfortable (women typically get a brief period type pain). Occasionally for some women it can be more uncomfortable, but we can stop at any time you request.

BENEFITS:

- Many women in their 30s and 40s experience heavy menstrual bleeding. While there are many possible causes for this the vast majority of ladies are found too have no underlying cause and often improve with the insertion of a Mirena. The Mirena releases a small amount of hormone called Levorgesterol which is one of the female hormones found in the contraceptive pill. This hormone protects against pregnancy very effectively but can also improve heavy, painful periods.
- The Mirena eventually causes you womb lining (endometrium) to become very thin which in turn will cause a significant decrease in the amount of blood you loose during you period. In fact, some women find their periods stop altogether, although this may take several months to achieve. "Turning off" your period with a Mirena is a healthy, safe and reversible situation. When you remove the device, your period will return to its original heaviness quite quickly and fertility is unaffected.
- The Oestrogen hormone in the combined oral contraceptive pill is the reason why women are at increased risk of clots, strokes and ischaemic heart disease. The Mirena contains no Oestrogen, so has none of these risks. Its safe in women in whom Oestrogen is contraindicated.
- The Mirena and Kylena are both licenced for 5 years as an effective contraceptive. Once we are happy it is in place, we don't need to see you back for 5 years or sooner if you decide you're ready to have more children.

POSSIBLE COMPLICATIONS:

- Some women feel faint after insertion of an IUD. If this happens, we will keep you in the surgery until you feel well enough to go home.
- Very rarely you can get a small tear in the lining of your womb call a perforation. This is more common if you are actively breast feeding or have had a recent caesarean section. We advise all women experiencing pain that is worse than their normal period pains after 24 hours to contact us.
- While the coil is very effective, no device is 100%. The risk of the coil failing is 1/1000 women per year. To put this in context 7/100 women per year get pregnant using the pill and 1/200 women get pregnant every year after a female sterilisation, or getting your tube tied.
- It is very unlikely that you will get pregnant, however if you do, there is a slightly higher chance of an ectopic pregnancy.
- The IUD can be expelled from the womb. We bring all women back at 6 weeks to ensure the strings are still visible. Once we see the strings, we don't need to see you

again for 5 years. If the strings are not visible, we would arrange for an ultrasound to confirm placement in the womb. We would advise you to use barrier protection or condoms until we have confirmed this.

- The IUD can migrate beyond the womb. This is very rare, but if it did happen it would require laparoscopic surgery to remove the coil.
- With the initial surge in hormone some women can experience some hormonal side effects. These usually don't last longer than a few weeks. They include;
 - Acne
 - Bloating
 - Breast tenderness
 - Mood changes
- The IUDs may cause your period to change. For the first few weeks you may experience heavier or prolonged periods, and you may have spotting up to 3 to 6 months. After this most women's periods will regulate. You may find your period becomes lighter or even stops altogether. Women should consider this their new normal period. If there is a change of bleeding pattern from your new normal you should get your own GP to examine you to ensure there is no other cause for this.

ADVISE FOR AFTERWARDS

- We advise regular ibuprofen the next 24 hours and then only if needed. We will provide you with a script for Ponstan if you feel you may need something stronger.
- If over the next few days you experience pains worse than your period, pains that are getting increasingly worse, or if you have any concerns please contact us at the surgery on 0449341987.
- Remember if your bleeding pattern changes from your new normal at any stage over the next few years please make sure to get checked by your own GP.
- Please attend your GP 6 weeks after your IUS insertion to check the placement of the device.
- We welcome all feedback to help us improve our service, and we hope to see you again, in five years.