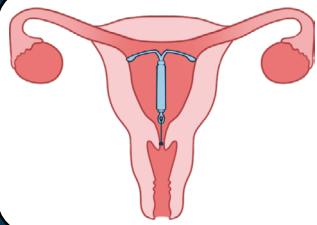


Hormonal IUD (Intrauterine Device)

IUD, Mirena, Liletta, Kyleena, Skyla



How does the hormonal IUD work?



- The hormonal IUD uses the **hormone progestin** to thicken cervical mucus (which prevents sperm from moving into the uterus), thins the uterine lining, and sometimes prevents ovulation.
- There are **4 different hormonal IUDs**. They differ in how much levonorgestrel hormone they have and how long they last. **Mirena** and **Liletta** (52 mg) last for 5-7 years, **Kyleena** (19.5 mg) for 5 years, and **Skyla** (13.5 mg) for 3 years.
- The hormonal IUD works for people of **all weights, all ages, and those using gender affirming hormone therapy**.

How do you use the hormonal IUD?

replace every
3 - 7 years

You need to **see a provider** to start and stop using the hormonal IUD.

Once you have the hormonal IUD inserted into your uterus, there is nothing more to do to prevent pregnancy until it is time to replace it.

- **Insertion:** The IUD is inserted into and **left inside your uterus** by a provider during a procedure. They will clean your cervix and vagina and then insert the IUD into your uterus. Most people feel cramping during the procedure. Your provider can numb your cervix to decrease discomfort. Finally, the IUD strings will be trimmed. Some people have cramping or spotting after the procedure; taking a dose of pain medication before insertion can help with cramps after. Once inserted, you cannot feel the IUD inside of you.
- **Removal:** While the hormonal IUD can last for 3-7 years, **you can have it removed at any time and for any reason**. To remove the IUD your provider will pull on the strings and the IUD will exit your uterus through your cervix and into your vagina to be removed. This may cause cramping, but it is usually less uncomfortable than insertion. You can have another IUD inserted at the same time if you want.



Privacy and control

- A provider is needed to start and stop using the hormonal IUD. It may be possible to remove the IUD yourself by pulling on the strings, as your provider would do, if you can reach them.
- Your partner may be able to feel the strings with their fingers or penis during sex. Your provider can trim the strings shorter if this happens and is bothersome.
- Someone you live with or who you share insurance with may see a bill from your insurance.
- Someone else cannot see that you are using this method.
- If anyone else is tracking your period, they may notice a change to your period.

When starting the hormonal IUD, will it work immediately?



Mirena/Liletta: Yes, they will work immediately.
Kyleena/Skyla: When starting within 7 days of the first day of your period, they will work immediately. If you are not sure bleeding is your period, you can use a backup method for 1 week.



Kyleena/Skyla: When starting at any other time, they will take 1 week to work. Use an additional contraceptive during that week.



The IUD may not be right for people who have or had

- Uterine abnormalities
- Breast, uterine, endometrial, or cervical cancer
- Lupus with positive or unknown antibodies
- Current STI or pelvic inflammatory disease

This is not a complete list, so talk to your provider about your medical history before starting this method.



Use emergency contraception if

- **Your IUD expels, which is rare.** It is not harmful. You may not feel it or it may be uncomfortable. You can get a new IUD after expulsion.
- **The Mirena and Liletta IUDs are emergency contraception** if inserted up to 5 days (120 hours) after sex. They are 99% effective no matter what your weight. You can leave it in for contraception or remove it at your next period.

How well does the hormonal IUD prevent pregnancy?

- **Fewer than 1 out of 100 (0.2) people using the hormonal IUD will get pregnant each year.** This means it is **99.8% effective**.
- Because there is nothing for you to do to prevent pregnancy once the IUD is inserted, there is no user error to lead to a difference between typical use and perfect use.
- The IUD can expel (come out on its own), which makes the IUD not effective. This is rare and out of your control. Using a menstrual cup may increase this risk.



Side effects

Sexually transmitted infections: Does not prevent.

- Use external or internal condoms to lower your risk of all sexually transmitted infections. *Phexxi* may prevent chlamydia and gonorrhea.

Period: Can affect.

- The hormonal IUD may cause spotting between periods for many days.
- The hormonal IUD may make your periods lighter.
- The hormonal IUD may cause you to stop getting your period. This happens to about 20% of *Mirena* users, about 19% of *Liletta* users, about 12% of *Kyleena* users, and about 6% of *Skyla* users. It is safe to not get your period because of the hormonal IUD.

Period cramps: Can lessen.

Weight: No effect.

Acne: Can worsen.

Fertility return: When you stop using the hormonal IUD, you can get pregnant right away.

Other possible side effects:

- Headache
- Breast or pelvic pain
- Vaginal discharge
- Ovarian cysts
- Hair loss (*Mirena* and *Liletta*)
- Reduces symptoms of PCOS or endometriosis
- Reduces symptoms of painful periods

The hormonal IUD helps lower risk for: endometrial cancer

Postpartum use

The IUD is **safe to use right after giving birth**. It can be inserted right after delivery (vaginal and cesarean) or prior to leaving the hospital. Insertion right after delivery may be less painful than at the office. The risk of expulsion is higher when placed in the hospital, but it can be replaced in the office. It has no effect on lactation, breastfeeding/chestfeeding, or infant development.

+ Contact your provider if you have

- Pain with sex
- Severe cramping
- Abnormal discharge
- The IUD comes out or you feel it
- Strings get longer
- Severe migraine
- If you try to feel the strings and cannot
- Pelvic infection
- Yellowing of the eyes or skin (jaundice)
- Abdominal or pelvic pain

? Questions to ask your provider

- Will my partner feel the strings during sex?
- What if I want to stop using the hormonal IUD before 3-7 years?
- How will I know if the IUD expels?
- Can I use menstrual cups?
- Can medication make insertion less painful?
- How do I remove the IUD myself?

Scan for a contraception guide and information sheets on each method.

