🏥 What is Mirena?

Mirena is a **hormonal intrauterine device (IUD)** used for: ✅ **Long-term contraception** (up to 5 years) ✅ **Managing heavy menstrual bleeding (menorrhagia)** ✅ **Protecting the uterus from endometrial cancer** in certain medical conditions

Mirena releases **levonorgestrel**, a hormone that helps **thin the uterine lining, reduce bleeding, and prevent pregnancy** by thickening cervical mucus and stopping sperm from reaching an egg.

⚙️ How is Mirena Inserted?

✅ Mirena is **inserted by a doctor** in a simple outpatient procedure or during **hysteroscopy and curettage** if needed. ✅ **It starts working immediately** for contraception if inserted within the first 7 days of your period. ✅ If used to **treat heavy periods**, optimal results may take **up to 6 months**. ✅ Some **irregular bleeding and spotting** are common in the first few months. ✅ **Mild cramping** may occur during and after insertion.

⚠️ What Are the Risks of Mirena?

Like any medical procedure, Mirena has potential risks, but these are uncommon:

Possible Side Effects and Risks

✅ **Irregular bleeding or spotting** – Especially in the first **3-6 months**. ✅ **Ovarian cysts** – Usually harmless and disappear on their own. ✅ **Pain or discomfort during insertion** – Short-term and usually mild.

Less Common but Serious Risks

- **Uterine infection** – Infection of the uterus or fallopian tubes, requiring **antibiotics** and, in rare cases, removal of the IUD.
- **Perforation of the uterus** – The IUD may **puncture the uterine wall** (rare, occurs in about 1 in 1,000 insertions), sometimes requiring surgery.
- **Expulsion** – In some cases, the uterus may push Mirena out, meaning it is no longer effective.
- **Pregnancy while using Mirena** – Rare (**1 in 600 women per year**), but if it happens, **1 in 3 pregnancies will be ectopic** (outside the uterus), requiring urgent medical care.
- **Mirena may not relieve symptoms in all women**, and some may require additional treatment.

❗ When to Seek Medical Attention

🚨 Contact your doctor if you experience:

- **Severe pelvic pain or cramping** that does not improve
- **Heavy or prolonged bleeding**
- **Fever, chills, or unusual vaginal discharge** (possible infection)
- **Signs of pregnancy** (positive test, unusual pain)
- **You can no longer feel the Mirena threads or suspect it has moved**

📚 Further Information & Support

For more details, visit: 📌 **Bayer – Mirena Information**: www.mirena.com 📌 **Queensland Health – Contraception & Women's Health**: www.health.qld.gov.au 📌 **RANZCOG (Royal Australian and New Zealand College of Obstetricians and Gynaecologists)**: www.ranzcog.edu.au 📌 **Northern Health – Gynaecology Services**: www.nh.org.au 📌 **Your GP or healthcare provider**

🔷 **Mirena is a safe and effective option for many women. If you have any concerns, speak with your doctor.** 💙