

Information for women after fitting of an Intra Uterine System (IUS)

You have had a Mirena / Jaydess/ Kyleena IUS inserted today

This device has a licence for use for: three years
 five years

According to current UK national guidance if you are aged 45 or over at the time of fitting you can continue to use the Mirena IUS (out of licence) until you no longer require contraception; check that this is still applicable in five years.

We hope that you will be happy with your chosen method. This leaflet covers what you should expect after the fitting and situations where you should seek help.

Bleeding

- You may experience some light vaginal bleeding after the fitting. This bleeding may increase if you stop taking a contraceptive pill or stop using a patch that you have previously been taking.
- It is common for irregular and unpredictable light vaginal bleeding to continue for up to six months. This almost always settles to light monthly or infrequent bleeding or to no bleeding at all, because over time the hormone in the IUS thins the lining of the womb. This is entirely normal and healthy.

Pain

- You may experience some lower abdominal (stomach) cramping for a few days after the fitting. If you have been given a local anaesthetic you should not notice any increase in pain once its effects wear off.
- The pain is often worse if you have not previously been pregnant.
- Taking regular painkillers can help to relieve these symptoms.

Checking the threads

- We recommend that you check monthly for the presence of the threads at the neck of the womb (cervix).
- If you or your partner cannot feel the threads, or can feel the hard stem of the device, use alternative contraception or avoid sex and return to the clinic as soon as possible.
- Please note that use of a Mooncup may cause your IUD to become dislodged, which might increase the chance of failure.

Having sex

If an IUS is fitted within the first seven days of the start of your period, it is effective immediately, and you may have sex as soon as you feel comfortable. If fitted at other times, please follow the advice given to you by the clinician who has fitted your device as to when is the safest time to start having sex.

You should seek further help if:

- The pain does not settle within a week, or is getting worse
- You experience heavy bleeding (more than a period)
- You experience a continuous aching pain in your lower abdomen or a smelly discharge, or feel hot, shivery or unwell, particularly within the first three weeks of fitting; this may suggest an infection.
- You get deep pain during sex.
- You cannot feel the threads or think you can feel the IUS stem.

You may return to the clinic where your device was fitted, or one of our other clinics.

Alternatively you may visit your GP, or your local A&E in an emergency.

Within four weeks of your procedure, should you need to discuss your concerns with a clinician you may call the Sexual Health Clinic on ☎ 01622 225 713

Further information and advice can be obtained from:

NHS 111
NHS Choices online

☎ 111
www.nhs.uk

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

Telephone: ☎ 01622 224960 or ☎ 01892 632953

Email: mtw-tr.palsoffice@nhs.net

or visit their office at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: www.mtw.nhs.uk or pick up a leaflet from main reception.

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