



women's
health clinic

FACT SHEET: You have decided on an IUS (Mirena)

Before the IUS is inserted, you should:

- Read the IUS information given to you.
- Be sure you understand the risks and benefits. If you don't know about these, ask your health care provider.
- Be comfortable with inserting a finger into your vagina to check for the strings after every period or monthly if periods are irregular or absent (or having your partner do this).
- Be aware of and be comfortable with some possible changes to your period: irregular bleeding, lighter or shorter periods, or eventually no periods.
- Be aware of some of the possible hormonal effects of the IUS – for example: unpredictable spotting or bleeding, amenorrhea (no periods), increased hair growth, acne, weight changes, nausea, headaches, mood changes, breast tenderness.

To have the IUS inserted:

- We will insert the IUS when you have your period.
- Your appointment will take about 40 minutes.
- Call us at 947-1517 on the day your period starts to make the appointment. We will do our best to insert the IUS during that period or your next one.

The day of your appointment:

- Most women experience some pain and cramping with an IUS insertion.
- If you have no problems taking ibuprofen (Motrin, Advil) or naproxen (Aleve), you may take 200-400 mgs one hour before your appointment.
- If you are unable to take ibuprofen, you may take acetaminophen (Tylenol).
- Bring a pad and wear appropriate underwear to wear home after the IUS is inserted.
- Arrange for a ride home from your appointment in case you feel queasy or uncomfortable?
- You may want to write down any questions you have and bring them to your appointment.

For more information, visit the following websites:

- The Canadian Federation for Sexual Health, www.cfsh.ca
- Society for Obstetricians and Gynaecologists of Canada, www.sexualityandu.ca
- Sexuality Education Resource Centre, www.serc.mb.ca
- Up To Date www.uptodate.com

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Disclaimer: WHC provides health information for your learning only. It should not be used to replace a visit with a health care provider.

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