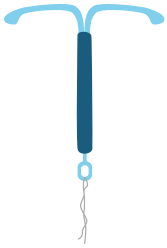
HORMONAL IUD (INTRAUTERINE DEVICE) *IUD, Mirena, Liletta, Kyleena, Skyla*



HOW DOES THE HORMONAL IUD WORK?

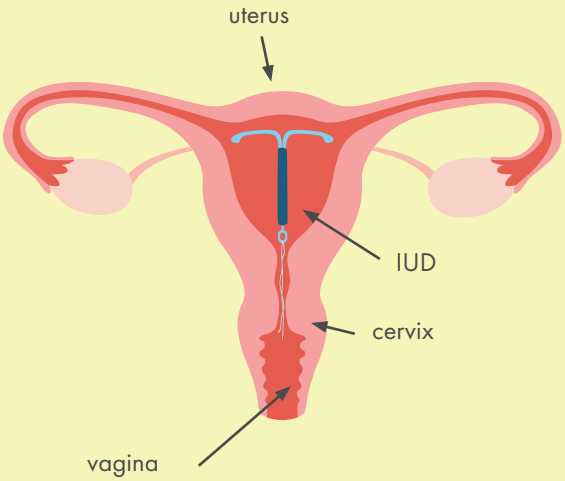
- The **hormonal IUD** uses the hormone progestin to thicken cervical mucus (which prevents sperm from moving into the uterus). It sometimes prevents ovulation (so no egg is released for sperm to fertilize), but this is not the main way it works.
- There are **4 different hormonal IUDs**. They differ in size, how much hormone they have and how long they last. **Mirena** and **Liletta** last for 8 years, **Kyleena** for 5 years, and **Skyla** for 3 years. The **Kyleena** and **Skyla** are slightly smaller than the **Mirena** and **Liletta**.
- The hormonal IUD works for people of **all weights, all ages, and those using gender affirminghormone therapy**.

HOW DO YOU USE THE HORMONAL IUD?

You must replace the hormonal IUD every **3 - 8 years**, depending on which IUD you choose.

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 through the vagina and cervix, using a thin applicator tube, and placed into the uterus. The IUD strings will extend through the cervix and into the vagina - they do not hang outside the vagina like a tampon string. Once inserted, you should not feel the IUD inside of you. Many people have cramping or spotting during or after the procedure. Talk to your provider about options that might help with pain and anxiety.

REMOVAL: While the hormonal IUD can last for 3-8 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 flexible "T" arms of the IUD will fold making the IUD thin enough to exit your uterus through your cervix and out your vagina. 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 also be possible to remove the IUD yourself; ask your provider about how.
- Someone else cannot see that you are using this method. 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. Talk to the clinic if you are concerned about someone else seeing your insurance bill - there are ways to keep this information private.
- If anyone else is tracking your period, they may notice a change to your period.

USE EMERGENCY CONTRACEPTION IF:

- Your IUD comes out (which is rare).

DOES THE HORMONAL IUD 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. When starting at **any other time**, they will take 1 week to work. Use an additional contraceptive during that week.

THE HORMONAL IUD MAY NOT BE RIGHT FOR:

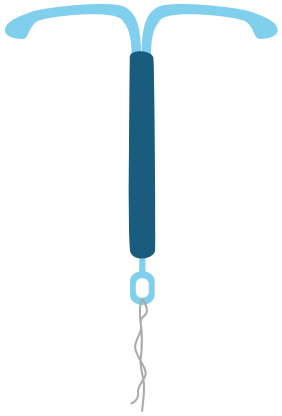
People who have or had:

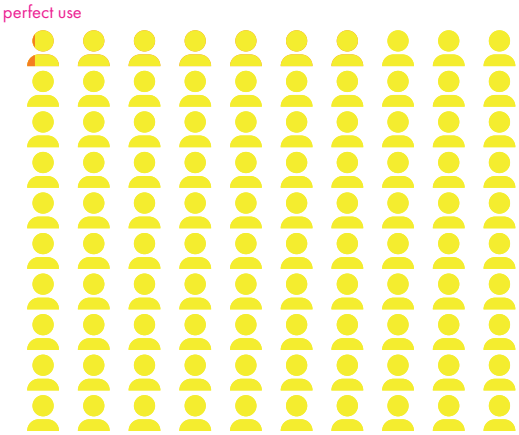
- Uterine abnormalities
- Breast, endometrial, or cervical cancer
- Current sexually transmitted infections
- Current pelvic inflammatory disease

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

As emergency contraception, the Mirena and Liletta IUDs are 99% effective if inserted up to 5 days (120 hours) after sex. You can leave them in for contraception or remove them at your next period.

HOW WELL DO HORMONAL IUDS PREVENT PREGNANCY?





Fewer than 1 out of 100 (specifically around 2 out of 1000) people using the hormonal IUD will get pregnant each year. This means it is **99.8% effective.**

There is no difference between typical and perfect use with the hormonal IUD.

The IUD can expel (come out on its own), which is not harmful but does mean that it is no longer working to prevent pregnancy. It is rare for the IUD to come out on its own but using a menstrual cup may increase the risk.

SEXUALLY TRANSMITTED INFECTIONS

The hormonal IUD does not prevent sexually transmitted infections.

- Use external or internal condoms to lower your risk of all sexually transmitted infections.

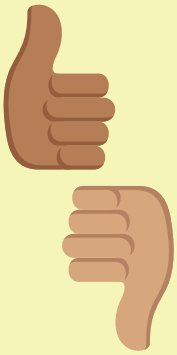
POSTPARTUM USE

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

SIDE EFFECTS

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 endometriosis
- Reduces pain and heavy bleeding with periods

THE HORMONAL IUD HELPS LOWER RISK FOR: Endometrial cancer

QUESTIONS TO ASK YOUR PROVIDER

- Will my partner feel the strings during sex?
- What if I want to stop using the hormonal IUD before 3-8 years?
- How will I know if the IUD expels (comes out on its own)?
- Can I use menstrual cups?
- Can medication make insertion less painful?
- How do I remove the IUD myself?

CONTACT YOUR PROVIDER IF YOU HAVE:

- Pain with sex
- Severe cramping
- Abnormal discharge
- Severe migraine
- Yellowing of the eyes or skin (jaundice)
- Abdominal or pelvic pain

OR IF:

- The IUD comes out or you feel it
- The strings get longer
- If you try to feel the strings and cannot

Clinic staff can help you find coverage for services and supplies. You may qualify for low- or no-cost birth control, and funding programs may be available.
Call 211 or visit www.211info.org

Oregon Reproductive Health Program
www.healthoregon.org/rh

adapted from PICCK.org