

Vancouver Island Women's Clinic

After care for IUS; Mirena® and Kyleena®

When does it start working?

- IUS work to prevent pregnancy right away IF it is inserted on your period or on the same day as a D&C or an abortion. It is an IUS or "Intra-uterine System" to get small amounts of progesterone mostly in the local area (Mirena® is LNG-20, or 20mcg/day of levonorgestrel and Kyleena® is LNG-12)
- IUS will take about 10 days to work if inserted between your periods. Use back up until your next period. Take a pregnancy test if your period is late.

Maintaining your IUS

Today: Don't put anything inside for 24 hours

Why? Sex, tampons, swimming and bath/hot tubs could introduce bacteria from the vaginal canal to your uterus. While there isn't great medical evidence to clarify this, it seems reasonable to be safe.

This week: Check inside with one finger to see what's normal for you

Why? IUS strings are hard to feel (like thin dental floss), and only about 1- 2cm long. Some women cannot feel their cervix or the strings, and this is OK. Finding out what is normal for you will help you monitor your own IUS. Some women like to have their sexual partner do this checking.

Women may get a lighter period on Kyleena®. If you get a heavier one, check that your IUS did not fall out- can you feel the strings really long? or outside your body like a tampon? If it fails (extremely rare) you would get other symptoms like breast tenderness and nausea.

Next few months: You will likely get some irregular bleeding and cramping

Why? The IUS takes some time to adjust. Over time, your periods will reduce, but at first it's normal to get more frequent bleeding. Ibuprofen, Tylenol, or whatever you generally use for periods should help.

If this is your first IUS, we recommend a check-up at 6 weeks, with us or GP

Reasons to call the clinic:

- If you think the IUS has fallen out. If you suspect this, avoid sex or use a back-up method, such as condoms until we check you.
- If cramping is very severe, keeping you awake at night or preventing work/school and you have already tried 800mg of ibuprofen and 2 extra strength Tylenol