



Mirena™ insertion as part of Hormone Replacement Therapy

Patient Information Leaflet



- You have an appointment for the insertion of a Mirena™ intrauterine system.
- Please read the following information carefully and get in touch if you have any concerns or questions by emailing: whh-tr.womenshealthadmin@nhs.net
- Your appointment will last 20 minutes, and the Doctor will go through everything with you before the procedure.
- Please take a paracetamol or ibuprofen (if you can take these safely) one hour before your appointment to reduce the chance of uncomfortable cramps after the procedure.

What is the Mirena™ intrauterine system?

- The Mirena™ is a small T-shaped, plastic device (coil) that is fitted into the womb.
- It can be used for a number of reasons including contraception and heavy menstrual bleeding (heavy periods) as well as part of your hormone replacement therapy (HRT).

Mirena™ for HRT

- HRT contains two hormones – oestrogen and progestogen.
- Oestrogen improves most menopause symptoms including hot flushes, brain fog and joint pain.



- Taking oestrogen on its own can encourage the lining of the womb (endometrium) to thicken and increases the risk of womb cancer.
- Therefore, anyone who has not had their womb removed needs to take progestogen as well, as it protects the lining of the womb from the effects of oestrogen.
- Progestogen can be taken through a patch, an intrauterine system such as Mirena™ or as a progesterone tablet.
- After fitting, a Mirena™ can be left to work for four years.
- If you have a Mirena™ fitted, you only need to take oestrogen, which can come in a patch, gel, spray, or tablet.

How is it fitted?

- Having a Mirena™ fitted takes around 5 to 10 minutes, though your appointment will be for 20 minutes.
- These 20 minutes give us enough time to answer any questions you may have and to give you a chance to change your clothing, before and after.
- You can sometimes (but not always) experience intense, short-lasting period-like pains during the procedure, and you may get some period-like cramps over the next few days.
- A Doctor or Nurse will first examine you internally and then use a speculum to see the cervix (this feels a bit like having a smear test).
- The Mirena™ comes folded in a slim insertion tube, which is passed through the neck of the womb (cervix) and released into the cavity. Two tiny, attached threads remain outside the cervix in the vagina and are cut to the correct length.
- You can feel for the threads by gently touching the cervix with your finger.
- Your partner should not be able to feel the threads during sex.
- If they are felt during sex, please see a Doctor or Nurse to check the fitting and trim the threads further if needed.
- Some people are more sensitive than others to having this type of procedure. If you feel uncomfortable at any point, please let your Doctor know. Most people will tolerate this quick procedure very well with very little discomfort.



Why have a Mirena™ as part of your HRT?

- The dose of progestogen absorbed into your body is tiny and you should experience very few side effects.
- Most women have no bleeding at all after the first three months.
- You do not have to remember to take a tablet.
- It is a very effective contraception – less than 1 in 100 women will become pregnant if the Mirena™ is correctly fitted. Women should use contraception for two years after their last period if under 50, and one year if over 50.
- It is usually easy to remove.
- It is not affected by other medicines.
- The Mirena™ should not cause weight gain or affect your sex drive.

What are the disadvantages?

- Sometimes it is not possible to fit one because the channel through the cervix is very narrow or because there may be fibroids (non-cancerous growths that develop in or on the uterus) obstructing the passage of the Mirena™.
- In the first three months after you have a Mirena™ fitted, it is common to have some irregular light bleeding.
- Occasionally, some women can have a strong reaction to even small amounts of progestogen, which can make them feel worried or experience low mood.
- Very occasionally, the Mirena™ can become dislodged or come out. Checking that you can feel the threads in the vagina is a way to ensure that the Mirena™ is still where it is meant to be. Contact a Doctor if you have any doubts and use additional contraception (such as condoms) if you are using it for that reason.
- While it is being fitted, there is a very small risk – around 2 in 1000 insertions – of making a very small hole in the wall of the womb. If there was a concern that a perforation had happened, you would need to have an ultrasound or X-ray and, in a worst-case scenario, an operation to retrieve the coil.
- The risk of infection is tiny when having a Mirena™ inserted but if you develop a fever, abnormal or offensive vaginal discharge, pelvic pain or heavy bleeding, please contact the Women's Diagnostic Unit on 020 7288 3786.



Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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