



## REQUEST FOR MIRENA INTRAUTERINE DEVICE (IUD)

### What is a Mirena IUD?

A Mirena IUD (intrauterine device) is a small "T" shaped device that is used to prevent pregnancy by releasing the hormone called levonorgestrel. It is inserted into the uterus by a healthcare provider and can last for up to 10 years.

### How does an IUD work?

A Mirena IUD causes changes in your body by releasing a hormone which causes cervical mucus to become thicker, so sperm will not enter the reproductive tract.

The Levonorgestrel IUD (Mirena) contains the hormone levonorgestrel. For every 100 women using this type of IUD, fewer than 1 per year will get pregnant.

The Mirena IUD has two gray strings on the end that allows a woman to check that the IUD is in place.

### Who can use a Mirena IUD?

Women of any reproductive age can use an IUD, except women who:

- are pregnant;
- had a recent (last 3 months) of the uterus or fallopian tubes after childbirth or after an abortion;
- have unexplained vaginal bleeding;
- have deep vein thrombosis/pulmonary embolism;
- have or have had breast cancer within the past 5 years;
- have cancer of the cervix, ovaries, or lining of the uterus;
- have had cervicitis, endometritis, PID (pelvic inflammatory disease) in the last three months;
- have a current STD or have had a STD in the last three months including HIV/AIDS;
- have multiple sex partners and are at risk for a STD (sexually transmitted disease);
- had cancer of the trophoblastic cells during pregnancy;
- have an irregularly shaped uterus, which makes it difficult to insert an IUD; or
- have liver tumors or active hepatitis.

If you are a teen and you decide to use an IUD, we suggest that you talk to your family about it.

### Does the Mirena IUD protect against AIDs and STDs?

IUDs will not protect you against HIV, the virus that causes AIDS, or against sexually transmitted diseases (STDs). Women at risk of HIV/AIDS or STDs should use a female condom or a male latex condom in addition to an IUD to prevent disease. If you or your partner is allergic to latex, use polyurethane condoms. Your healthcare provider can help you decide if you are at risk of HIV/AIDS or STDs.

What are the possible side effects from using the Mirena IUD?

Women using an IUD may have pain and/or cramping during periods. They may also have long, heavy bleeding during periods. Inserting the IUD may, very rarely, cause infection of the uterus or fallopian tubes in some women who are at risk for infection. An IUD may fall out or move out of place, but this is rare.

If you have any questions about the Mirena IUD, ask your healthcare provider.

Call your healthcare provider or clinic if you have any of the following PAINS:

- P - Period late; abnormal spotting or bleeding
- A- Abdominal pain, pain with intercourse
- I - Infection exposure (STD), abnormal vaginal discharge
- N - Not feeling well, fever, chills
- S - String is missing, shorter, or longer

**I have read and understand the information above.**

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**The client has been counseled, provided with the appropriate informational material, and understands the content of both.**

Counselor/Provider signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print counselor/provider name: \_\_\_\_\_

Name of patient: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Chart #: \_\_\_\_\_

Interpreter: \_\_\_\_\_