

Women's Healthcare of Norman

Women Caring for Women

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MIRENA

Mirena is a hormone-releasing system placed in your uterus to prevent pregnancy for up to 5 years.

Mirena may also be used to treat heavy periods.

Instructions:

1. Take Tylenol, Advil, or Aleve every 4-6 hours as needed discomfort.
2. Common side effects during placement include discomfort, cramping, dizziness, or bleeding.
3. Two threads are attached to the stem of Mirena that help ensure it remains properly placed. This is the only part of Mirena you should feel. You should check them once a month. If you feel more than just the threads, Mirena is not in the right position and may not prevent pregnancy. If you can't find the threads, use a backup form of birth control and contact the office (405) 360-1264.
4. Your period may become irregular and you may have bleeding and spotting between menstrual periods, especially during the first 3-6 months.
5. After your body adjusts, periods usually get lighter and the number of bleeding days is likely to decrease, but may remain irregular. Eventually your menstrual flow may stop completely.
6. If Mirena comes out, do not try to reinsert it. Use a backup form of birth control and contact the office (405) 360-1264.
7. If you have any questions or concerns, call the office (405) 360-1264.

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