



Getting off to a good start with Mirena

– Now that your Mirena has been fitted.

While most women experience only a little discomfort during the insertion procedure, afterwards you may feel some cramping, a little like period pain, and occasionally some dizziness may also occur.¹ These symptoms usually disappear after a few hours but if they persist or you are concerned, please see your Doctor.

Please refer to the Mirena Consumer Medicine Information available at <https://www.ebs.tga.gov.au/> for more information.

A few things to remember...

- After your Mirena has been fitted, it is recommended that you do not use tampons or have intercourse for at least the next 24 hours¹ (your doctor may recommend 48–72hrs) to minimise your risk of infection.
- Your Doctor will also have told you to expect some spotting or light bleeding at first which will typically settle during the first 3–6 months of use¹. Panty liners should be all that is required for protection during the first week after fitting.
- Use the bleeding chart in the patient booklet to record your bleeding pattern. This is really important as it can help you and your Doctor know how your body is adjusting to Mirena.



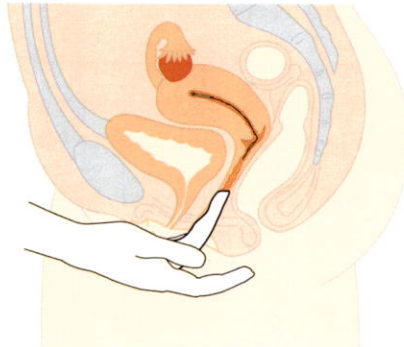
How can I check Mirena is in place?

After each period or about once a month, you can feel for the two fine threads.

Your Doctor can teach you how to do this. Do not pull on the threads as you may accidentally pull your Mirena out. If you can't feel the threads, please see your Doctor to make sure your Mirena is still in position.

Tell your doctor without delay if you have persistent lower abdominal pain, fever or pain during sexual intercourse or abnormal bleeding as this may indicate an infection. Remember to make an appointment with your Doctor for a follow-up check within 3 months after the insertion (or when your Doctor advises).

Please see your Doctor sooner if you are concerned about anything.



If you have any other questions about Mirena or are not sure about anything after the procedure please ask your doctor.

Reference

1. Mirena Consumer Medicine Information October 2018.
PP-MIR-AU-0024-1.

 **Mirena**[®]
intrauterine levonorgestrel delivery system