



Pre-Insertion guide for patients

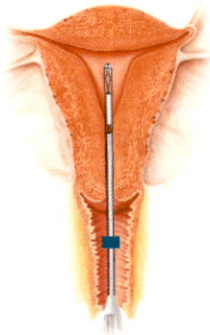
– Now that you have been prescribed Mirena.

The Mirena system is a small T-shaped device about 3 cm long as shown in the picture below. When you collect your Mirena from a pharmacy, you'll notice it's supplied in a long thin box as the device comes with its own special insertion tube.¹



How is Mirena inserted?

The Mirena system is placed into your uterus using the special insertion tube. Insertion should only be carried out by a medical professional who has been trained to do so.



Mirena being fitted in the uterus



Mirena in place in the uterus



Preparing for the insertion

Most women experience only a little discomfort during the insertion procedure.¹

Taking some pain relief medication prior to insertion may help reduce any painful sensations and your Doctor may use other strategies to further reduce discomfort with the procedure. The procedure itself only takes a few minutes, although you may have a longer appointment.

The insertion procedure

1. To help fit your Mirena in the correct position your Doctor will perform an examination to determine the size and position of your uterus.
2. Under sterile conditions, your Doctor will insert the plastic tube containing the Mirena system into your uterine cavity. You may feel some discomfort or cramping at this time.
3. Once the Mirena is in the correct position, your doctor will withdraw the plastic insertion tube, leaving the Mirena in your uterus. Your Doctor will then trim the threads of the Mirena. The threads are there to let you check your Mirena is still in place and help your Doctor remove the system when required.²

Getting off to a good start with Mirena

If you have any other questions about Mirena and what to expect, or are not sure about anything to do with the procedure, please ask your Doctor.

References

1. Mirena Consumer Medicine Information October 2018
2. Mirena Product Information October 2018.
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