

## Mirena or Kyleena IUD Removal

Your doctor has requested that you book in for an IUD removal. This is a medical procedure performed by your doctor.

### What is a Mirena or Kyleena?

A Mirena and Kyleena is an IUD or intrauterine device, which is a small T-shaped plastic device that is inserted into the uterus for the purpose of birth control. The device releases a synthetic hormone known as levonorgestrel which helps to prevent pregnancy.

### What's the difference between a Mirena and Kyleena?

The Mirena may also be used to treat heavy menstrual cycles or periods and can be a part of hormone replacement therapy or HRT. Whereas the Kyleena which is only used to prevent pregnancy. The Kyleena is also smaller in size compared to the Mirena. The Kyleena contains a lower dose of hormone 19.5mg compared to 52mg with the Mirena. The Kyleena is an effective form of birth control that lasts for 5 years and the Mirena provides up to 8 years.

### So, what will happen on the day?

On the day the nurse and doctor will confirm any allergies, sensitivity to cleaning solutions and topical anesthetics as well as your consent for the procedure.

Your nurse and doctor will take you through the procedure. You will be laying down for the procedure, and at times it may be uncomfortable. A Speculum will be inserted so the strings of the IUD can be seen, and the device removed.

Your doctor will advise you of the best time to have your IUD removed. Sometimes for various reasons removal may be unsuccessful. This could be due to cords that have been cut too short, or your cervix is more closed at certain times during your cycle. This may require you to come back another time in your cycle or be referred to another practitioner/specialist, your doctor will notify you if this is the case.

### Aftercare at home

After the IUD is removed there may be some spotting, and a liner or pad can be worn. At home you can have some Panadol or Nurofen, a heat pack and rest will help to keep you comfortable following the removal of your IUD.

Please contact the medical centre's practice nurse if you have any concerns or questions about your upcoming procedure.

It is possible to fall pregnant as soon as the IUD is removed, so it's important to have a plan in place and discuss other forms of contraception if you are not planning for pregnancy.

**It is important to remember that an IUD does not prevent or protect against STI's (sexually transmitted diseases and you can discuss your concerns with your doctor.**

**Please refer to our most up to date fees schedule**

**Complex cases may incur additional non-rebateable practice procedural levy of \$120.00**



## IUD Removal Mirena or Kyleena Patient Information



**TRINITY CARE  
FAMILY PRACTICE**