



INTENDED FOR HCP USE ONLY

This document should only be used as part of comprehensive contraception counselling. Please scan the QR code on the reverse side for further information on all contraception methods.

A quick-fire introduction to the hormonal coil (LNG-IUD or IUS) – a resource for you to consider in medically eligible patients to confidently introduce the hormonal coil. Please refer to the relevant SmPC.



Which of your patients could potentially benefit from contraception counseling, including LARCs

- Patient has used emergency contraception
- Patient is adamant they do not want anymore children right now
- Patient is seeking additional benefits to their contraception



Possible questions to ask:

- What matters most to you when choosing contraception?
- How important is not getting pregnant?
- How many contraceptive pills have you missed over the last 3-6 months?

Prescribing Information and adverse event reporting for **Mirena®**, **Kyleena®** and **Jaydess®** is available by scanning the QR codes below.

For direct access to prescribing information, please ensure your device's browser settings have automatic PDF download enabled.



Mirena®
(52mg levonorgestrel)



Kyleena®
(19.5mg levonorgestrel)



Jaydess®
(13.5mg levonorgestrel)

Have you considered a hormonal coil – if not, why not?

COMMON PATIENT MISCONCEPTIONS AND THE FACTS

My contraceptive pill is working fine

→ With typical use of oral contraceptives, 9 in 100 women fall pregnant each year. With the coil it is less than 1 in 100. Unintended pregnancy is over 20 times more likely with oral contraception than with a coil.¹

I would prefer a no or low-hormone contraceptive option

→ The coil releases hormone locally within the uterus (womb). Only very small amounts of hormone will enter your bloodstream.² (See graph on reverse)
In most women ovulation usually remains normal. The hormonal coil is likely to affect your menstrual cycle, especially during the first 3-6 months after placement.³

I do not want to affect my long-term ability to get pregnant

→ Your fertility should return to normal as soon as the coil is removed. As soon as the coil is removed alternative contraceptive methods are advised by the summary of product characteristics.³

I want to be in control

→ The coil can be removed at any time by a trained HCP. A coil fitted for up to 8 years would save you remembering up to 104 blister packs worth of contraceptive pills.

Note: Different hormonal coils can last up to between 3-8 years.

I haven't had kids yet/I am too young

→ The hormonal coil could still be a suitable option. There are different sizes, durations of use and concentrations of hormones. The hormonal coil is a possible option for most women regardless of whether you have had a baby or not. It's suitable for women of different reproductive ages - the prescribing HCP will ensure you are medically eligible.

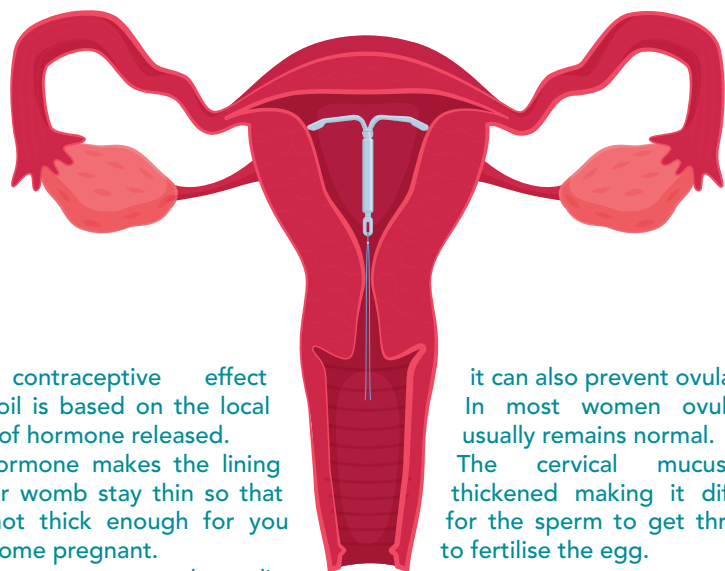
I'm worried about changes in my bleeding pattern/I have an unpredictable and/or heavy monthly flow

→ Some hormonal coils offer additional benefits. These hormonal coils affect monthly bleeding patterns. After 3-6 months of use it should result in lighter bleeding.

For use by a healthcare professional only. Do not give to patients.
The hormonal coil is only one of the options considered a Long Acting Reversible Contraception (LARC).
For further information visit: [womenshealthmatters.co.uk](https://www.womenshealthmatters.co.uk)

USE THIS SIDE WITH PATIENTS

How and where the coil works



The contraceptive effect of a coil is based on the local effect of hormone released. The hormone makes the lining of your womb stay thin so that it is not thick enough for you to become pregnant. In some women, depending on the type of hormonal coil used,

it can also prevent ovulation. In most women ovulation usually remains normal. The cervical mucus is thickened making it difficult for the sperm to get through to fertilise the egg.

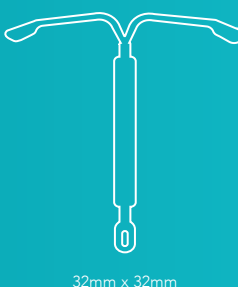
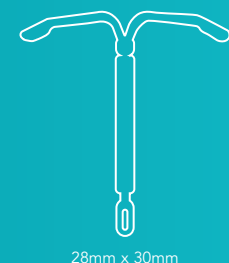
What is the procedure like?

The appointment will include time to discuss your options and the procedure, but the fitting itself usually takes less than 5 minutes.⁴

Most coil fittings are associated with mild to moderate discomfort. Every woman differs which is why the College of Sexual and Reproductive Health recommends that the coil fitter should discuss and offer different options for pain relief.⁵

Some women might feel faint after the procedure. This is normal and if it happens your doctor or nurse will tell you to rest.

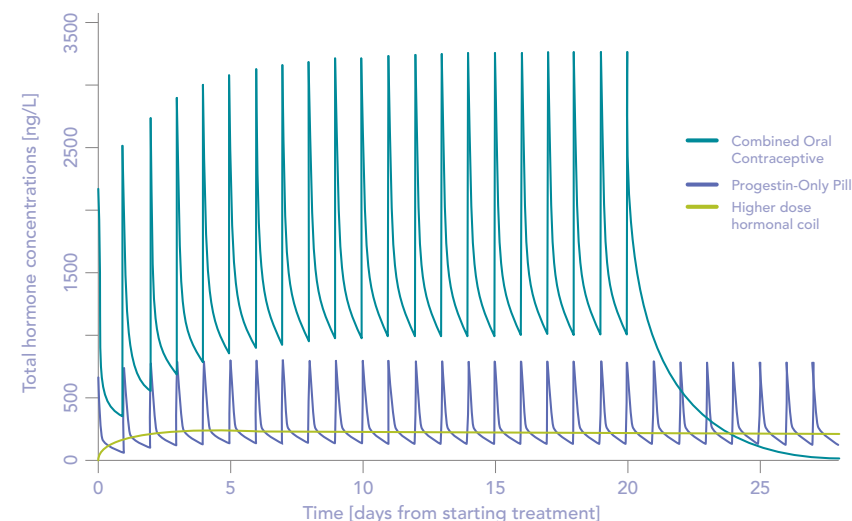
Actual size of available hormonal coils



Usual length of the fitting procedure
< 5min

How much hormone gets into your blood with different contraceptives after starting treatment²

At its peak, the combined pill puts roughly 18 times more hormone into your blood than the hormonal coil.



Comparison of simulated concentrations of levonorgestrel-containing contraceptives during the initial phase of starting each treatment. The modelling used dosing and release-rate information from published studies.

The figures are typical averages for someone weighing around 65 kg — your own levels may be a little higher or lower.

Side effects are possible although not everyone gets them. The most common include changes in bleeding, your HCP can share the patient information booklet to read. There is a possibility of more serious side effects like; expulsion (in less than 1 in 10 women), perforation and pelvic infection (each less than 1 in 100 women). Ectopic pregnancy risk also exists but is low.

For further information on all contraception methods scan here:



[womenshealthmatters.co.uk](https://www.womenshealthmatters.co.uk)
is a Bayer website designed as a public resource

Have a more informed discussion to understand if this is the right option for you.

The nearest contraceptive counselling and coil fitting service is:

Contact details:

Telephone number:

1. Trussell J. Contraception failure in the United States. *Contraception*. 2011 May;83 (5): 397-404. 2. Hofmann BM et al. Comparative pharmacokinetic analysis of levonorgestrel-releasing intrauterine systems and levonorgestrel-containing contraceptives with oral or subdermal administration route. *Eur J Contracept Reprod Health Care*. 2020 Dec;25(6):417-426. 3. Bayer Plc. Mirena® (52mg intrauterine delivery system levonorgestrel): Summary of Product Characteristics. 4. CoSRH LNG-IUD (Hormonal coil) Details. Available at: https://www.cosrh.org/Public/FRSH_CC/Contraception-Methods/Hormonal-Coil-IUS.aspx Accessed September 2026. 5. CoSRH. Pain Shouldn't be Part of the Plan <https://www.cosrh.org/Public/Public/News/Articles/Pain-shouldnt-be-part-of-the-plan.aspx> Accessed September 2026