

Will I feel Kyleena® during sex?

You and your partner **shouldn't be able to feel your Kyleena® during sex**. If you think you can, contact your doctor or nurse.

Can Kyleena® fall out?

It is possible, but unlikely, for your Kyleena® to come out of place. If you experience pain or an increase in bleeding, use a barrier method of contraception (such as condoms) and book an appointment with your doctor or nurse.

Could I become pregnant using Kyleena®?

Kyleena® is **over 99% effective** for each year of use so you are unlikely to become pregnant while using it. Some women find that their periods change or stop when they use Kyleena®, so missing your period may not actually mean you are pregnant.

If you are worried or experience pregnancy symptoms like feeling sick, tired or having tender breasts, then it's best to see your doctor or nurse as soon as possible.

If you do become pregnant while using Kyleena®, there is a chance that the pregnancy could develop outside of the womb; this is known as an ectopic pregnancy. Some typical symptoms of an ectopic pregnancy include:

- a missed period followed by persistent bleeding or pain
- pain in your lower abdomen that's severe or constant
- usual pregnancy symptoms like feeling sick and tired, but you also have bleeding and feel dizzy
- a positive pregnancy test

Can I stop using Kyleena®?

Kyleena® can be removed by a healthcare professional **you can choose to stop using Kyleena® at any time**. Talk to your doctor or nurse and they will arrange for it to be removed.

Will Kyleena® affect my fertility?

Once Kyleena® is removed, **your fertility will return to its usual level**.

Can Kyleena® cause any side effects?

Similar to other hormonal contraceptives containing progestogen, Kyleena® can cause side effects in some women, such as headache, abdominal/pelvic pain, acne/greasy skin, bleeding changes, ovarian cyst, inflammation of the external genital organs and vagina.³ Full details of these can be found in the leaflet that comes in the Kyleena® box and this should be given to you by your doctor or nurse.

If you experience any side effects, talk to your doctor, nurse or pharmacist for advice.

Where can I get more information?

If you have any queries about Kyleena®, speak to your doctor, nurse or pharmacist.

Reporting side effects

If you get any side effects talk to your doctor, pharmacist, nurse or healthcare professional. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at

<https://yellowcard.mhra.gov.uk> or search for MHRA Yellow Card in Google Play or Apple App Store.

By reporting side effects you can help provide more information on the safety of this medicine. Please report information of when Kyleena was inserted and removed, as applicable.

References

1. Kyleena® Summary of Product Characteristics
2. NHS. Your Contraception Guide. <https://www.nhs.uk/conditions/contraception/ius-intrauterine-system/> [Accessed March 2023]
3. Kyleena® Patient Information Leaflet

Bayer plc, 400 South Oak Way, Green Park, Reading, Berkshire, RG2 6AD, United Kingdom

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Kyleena®

19.5MG INTRAUTERINE DELIVERY SYSTEM
LEVONORGESTREL

A guide to your Kyleena®



Made by Bayer



This leaflet is intended for women who have been prescribed Kyleena® and has been created by Bayer. Please read the patient information leaflet (PIL) included in your Kyleena® box for full details.

You've been given this booklet because you have chosen Kyleena®, a small intrauterine system (IUS) that sits in your womb to prevent pregnancy.

Kyleena®:

- An IUS, which is a long-acting reversible contraception (LARC)
- Releases a low dose of hormone
- Does not contain oestrogen
- Can be used regardless of whether you've had a baby or not
- Suitable for eligible women of all ages in need of contraception

This is Kyleena®:



A small, flexible, plastic T-shape that sits in your womb. Once fitted, you shouldn't even know it's there.

How effective is Kyleena®?

Kyleena® is over 99% effective for each year of use, with a failure rate of only 0.2% in the first year.¹

Kyleena® provides effective contraception for up to 5 years, but you can have it taken out sooner.

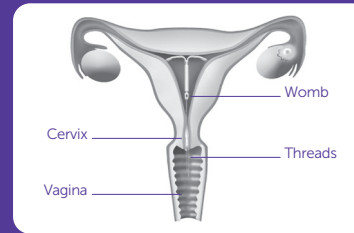
Will I be protected immediately?

If Kyleena® is fitted **within 7 days from the start of your period**, you will be protected against pregnancy **straight away**.

How does Kyleena® work?

Kyleena® slowly releases a **small amount of hormone**, a progestogen called levonorgestrel. As Kyleena® is placed in the womb, it works right where it is needed and only very small amounts of hormone will enter your bloodstream.

Ovulation (the release of an egg from the ovaries) usually continues while using Kyleena®.



Kyleena prevents pregnancy by:

- **thickening the mucus of your cervix, preventing the sperm getting through to fertilise an egg**
- **thinning of the lining of your womb, making it difficult for an egg to attach**

Is Kyleena® the same as the coil?

Kyleena® is not the same as the copper coil. It is a hormonal coil.

Unlike the copper coil, which uses copper to prevent pregnancy, Kyleena® prevents pregnancy by releasing a small amount of hormone.

What happens at your fitting appointment?

Placing Kyleena® takes around 5 minutes, but you will have a longer appointment so that your doctor or nurse can talk you through everything, ensure you are not pregnant and make sure you are happy to proceed.

When you are comfortable and ready, Kyleena® is placed in the womb using a thin tube.

Your doctor or nurse will teach you how to check that your Kyleena® is in place by finding and feeling the threads.

Will it hurt?

You may experience some pain, bleeding, fainting and/or dizziness during placement. Your doctor or nurse can

advise you on ways to minimise discomfort ahead of your appointment.

If you are epileptic, please tell your doctor or nurse in advance of the Kyleena® fitting.

You may want to bring a panty liner in case there is a little bleeding following the fitting.

Once it is fitted, **you should not be able to feel your Kyleena®**.

What happens afterwards?

After insertion, you may feel some pain similar to menstrual cramps. However, this usually disappears within a few days. If you experience severe pain or heavy bleeding after Kyleena® is inserted, or if pain/bleeding persists for more than a few weeks, please make an appointment to see your doctor or nurse.

You should be offered a check-up 4-6 weeks after placement to make sure everything is going okay.

At the end of the fifth year, your Kyleena® should be taken out by your doctor or nurse. If you wish to continue using Kyleena®, you can get a new one placed during the same appointment.

Will my periods change?

Every woman is different, but Kyleena® is likely to affect your menstrual cycle, especially during the first 3-6 months after placement. The bleeding that can occur may include spotting and bleeding between your regular periods while your womb adjusts to Kyleena®.

However, a few months after this, **you may find that your periods become lighter, shorter, or stop altogether**. This is normal.

Can I still use tampons?

Yes, as Kyleena sits in the womb rather than the vagina, you can continue to use tampons. You should change them with care so as not to pull the threads of Kyleena®. The use of sanitary pads is recommended.