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, fever or heavy bleeding after Mirena® 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 6 weeks after placement to make sure everything is going okay.

After between four and eight years, depending on what you have been prescribed it for, your Mirena® should be taken out by your doctor or nurse.

If you wish to continue using Mirena®, you can get a new one placed during the same appointment.

Your periods might change, but this is normal

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

A few months afterwards though, you might find that your periods become lighter, shorter or stop altogether. This is normal.

Can I become pregnant with Mirena®?

It is very unlikely that you will become pregnant with Mirena®. Some women find that their periods stop with Mirena®, so if this happens to you, it may not mean that you're pregnant. If you are worried about being pregnant or have any pregnancy symptoms, then you should take a pregnancy test, or see your doctor or nurse as soon as possible.

Will my fertility be affected? Your usual level of fertility will return soon after Mirena® is removed.

Can I use Mirena® whilst breastfeeding? Very small amounts of levonorgestrel, the hormone in Mirena®, are found in breast milk. If you are breastfeeding or planning to breastfeed, please ask your doctor or nurse for advice before having Mirena® fitted.

Can Mirena® cause any side effects?

Similar to other hormonal contraceptives containing progestogen, Mirena® can cause side effects in some women, such as vaginal bleeding including spotting and absent, light or infrequent menstrual periods. Full details of these can be found in the patient information leaflet that comes in the Mirena® 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.

Can I change my mind about Mirena®?
Your doctor or nurse can remove Mirena® at any time. If you do not wish to become pregnant, speak to your doctor or nurse before removal for advice about the timing of removal and how to maintain contraceptive protection.

Immediate Postpartum Insertion (IPPI)

Mirena® can be inserted after giving birth once the uterus has returned to normal size but not earlier than 6 weeks after delivery. However, in specific situations Mirena® can be inserted immediately after you give birth. This is called immediate postpartum insertion (IPPI). IPPI provides contraception immediately after delivery but comes with a high risk that Mirena® may be pushed out of place or expelled.
It is recommended that you check for the threads of Mirena® yourself 6–8 weeks after placement to make sure it is still in place. If you are interested in contraception immediately after delivery, speak to your healthcare professional about the options available before your due date.

Reporting side effects

If you get any side effects talk to your doctor, pharmacist, nurse or other 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 the 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 Mirena® was inserted and removed, as applicable.

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

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Mirena®

52 mg levonorgestrel
intrauterine delivery system

A guide to your Mirena®







This patient leaflet has been developed and fully funded by Bayer PLC.

This leaflet is intended for women who have been prescribed Mirena®. Please read the patient information leaflet (PIL) included in your Mirena® box for full details.
Please see page 6 for information on how to report any side effects.

You've been given this leaflet because you've chosen Mirena®, an IUS (intrauterine system), for one or more of the following:

- As a long-term and reversible method of contraception
- Treatment of heavy menstrual bleeding (HMB)
- Protection of the lining of your womb during the menopause, as part of hormone replacement therapy (HRT)

This is Mirena®



*Not actual size

A small, flexible, plastic T-shape that sits in your womb. Once fitted, you shouldn't even know it's there. Your doctor may determine how often and what kind of check-ups are required in your particular case.

How does Mirena® work?



Mirena® slowly releases a small amount of hormone, a progestogen called levonorgestrel. As Mirena® 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 eggs) may be prevented with Mirena® in some women.

Is Mirena® suitable for me?

Mirena® is prescribed for most women regardless of whether you have had a baby or not. It's suitable for women of different reproductive ages, including women who are going through the menopause.

How does Mirena® prevent pregnancy?

- Thickening the mucus of your cervix, preventing the sperm from getting through to fertilise an egg
- Thinning the lining of your womb, making it difficult for an egg to attach
- Preventing the release of eggs (ovulation) in some women

Will I be protected immediately? If Mirena® is fitted within 7 days from the start of your period, you will be protected against pregnancy straight away.

How effective is Mirena® as a **contraceptive**?

Mirena® is over 99% effective, meaning that it is one of the most effective forms of contraception available.

Mirena® provides effective, reversible contraception for up to 8 years, but you can have it removed sooner if you wish.

Mirena® as a treatment for **Heavy Menstrual Bleeding** (HMB)

What is HMB? Menstrual bleeding is considered heavy when it interferes with your physical, social and/or emotional quality of life. Changing sanitary wear more than every 2 hours, or the need for double protection, are also signs of HMB.

Mirena® for HMB Mirena® prevents thickening of the lining of the womb, which reduces blood loss during menstruation when the lining of the womb is shed. Mirena® is an effective treatment for HMB and should result in lighter bleeding after 3-6 months of use. Mirena® can treat HMB for up to 8 years after insertion. However, inform your healthcare professional if your symptoms return.

Mirena® as a part of Hormone Replacement Therapy (HRT)

What is HRT? Menopause often causes distressing symptoms, due to the gradual loss of the female sex hormones, oestrogen and progesterone, produced by the ovaries. HRT is designed to reduce these symptoms by raising the levels of these hormones.

Oestrogens can be used to relieve the menopausal symptoms, however, taking oestrogens alone increases the risk of abnormal growth or cancer of the lining of the womb.

Mirena® for **endometrial protection** during oestrogen replacement therapy

Taking a progestogen, such as the hormone in Mirena®, as part of an HRT regimen lowers the risk of abnormal growth by protecting the lining of the womb.

Mirena® can be used for 4 years when used for HRT, but you can have it removed sooner if you wish.

Is Mirena® the same as the coil?

Mirena® is not the same as the copper coil. It is a hormonal coil. Unlike the copper coil, which uses copper to prevent pregnancy, Mirena® prevents pregnancy by releasing a small amount of hormone.

Collecting Mirena® from the pharmacy

Before you have your Mirena® fitted, you may have to pick it up from the pharmacy. It comes in a box that'll look big, but don't worry, this is because the box contains everything that is needed to fit Mirena®, not just the Mirena® itself.

You don't need to worry about doing anything with your Mirena® at this point, you just need to remember to bring it with you to your appointment. Your doctor or nurse will handle the rest.

What happens when you go to your appointment?

Fitting Mirena® takes around five minutes, but you will have a longer appointment so that your doctor or nurse can talk you through everything and make sure that you're happy to proceed. If you are epileptic, please make your doctor or nurse aware of this ahead of getting your Mirena® fitted.

When you are comfortable and ready, Mirena® is placed in the womb using a thin tube. Once inside, it opens into the 'T' shape and the two small threads at the bottom of Mirena® are cut to the right length. Your doctor or nurse will show you how to check that your Mirena® is in place by finding and feeling the threads.

Once it is fitted you should not be able to feel your Mirena®.

Will it be painful?

Placing Mirena® may feel similar to a smear test, so some women may feel uncomfortable, but you can ask your doctor or nurse about ways to minimise discomfort ahead of your appointment. You may want to bring a panty liner with you in case you experience any spotting or bleeding after placement.