

Mirena post insertion information

Bleeding

You will likely have a small amount of bleeding after your procedure. It should not be heavier than a light menstrual period and will resolve spontaneously within a week.

Pain

It is normal to have some cramping and period-like pain after the insertion of your Mirena. Taking regular analgesia, e.g., paracetamol (Panadol®) every four to six hours will help to keep your pain under control. A maximum of only eight paracetamol tablets per day is advised. Additionally, to help with cramps, non-steroidal anti-inflammatory medications such as ibuprofen (Advil®, Nurofen®) may assist in dealing with pain.

Most patients find that their cramping resolves spontaneously within a few days.

Infection

To insert your Mirena the cervix was dilated to allow passage inside the uterus. To reduce the chance of infection, do not use anything vaginally for the next 48 hours. Avoid using tampons (pads are okay), swimming pools, spa baths, baths or having sexual intercourse.

Contraception

Mirena can take up to 7 days to work as a contraceptive. You **MUST** use condoms for the first 7 days after your Mirena was inserted. If you think you might be pregnant, perform a pregnancy test as soon as possible.

Mirena does not protect you against sexually transmitted infections, ensure you use condoms if you are at risk.

Follow-up

Please call the North Preston specialists (Phone: 03 9056 9122) to arrange a follow-up appointment in 6 weeks.

When to seek advice

If you experience any of the following symptoms, please seek medical advice.

- Sudden shivers or chills, hot flushes or sweating, fever and feeling generally unwell.
- Cramping lasting longer than 48 hours, with pain worsening.
- Heavy or prolonged vaginal bleeding or large clots (especially if bright red). It is not normal to have bleeding that soaks a pad within one hour more than once.
- Offensive smelling, or unusual coloured vaginal discharge.