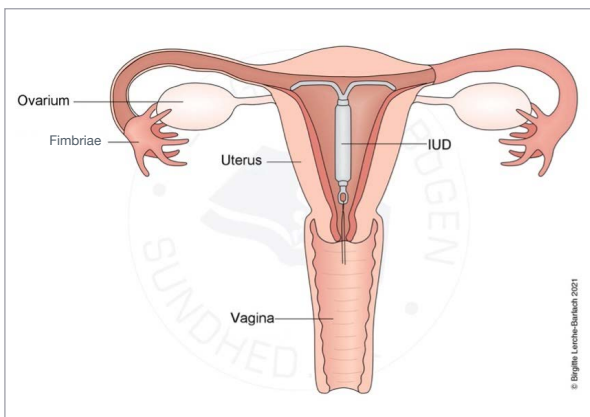


THE HORMONAL IUD MIRENA, KYLEENA AND JAYDESS

Hormonal spirals can be used by almost all women, including:

- Women with heavy bleeding where the IUD is also a treatment
- Women with high blood pressure and women, who have previously had blood clots
- Young people and women who have not given birth or have just given birth. It has no influence on breastfeeding
- Women with cyclic headaches
- Women with endometriosis
- Women with anaemia



EFFECT OF THE HORMONAL IUD

The hormonal IUD releases a small amount of levonorgestrel daily, which is a progestogen-type hormone. The hormone makes the lining of the uterus thinner but does not affect the normal menstrual cycle.

Studies show that the use of hormonal IUDs does not lead to weight gain of more than 500 grams. The spiral does not affect the cholesterol level

There are 3 types of hormonal IUD, Mirena, Kyleena and Jaydess. Mirena will need to be replaced every 8 years if it is used as a contraceptive and every 5 years if it is used as a treatment for bleeding disorders. Kyleena must be replaced every 5 years and Jaydess every 3 years.

BENEFITS OF THE HORMONAL IUD

The hormonal coil reduces menstrual pain and bleeding significantly. The duration of the periods is shortened to a few days, and 20-40 % stop having periods altogether within the first year. The menstrual cycle will resume upon removal of the IUD. Furthermore, the spiral protects against pelvic inflammation.

DISADVANTAGES

You may have spotting for 3-6 months after the placement procedure. Some women experience increased skin impurities, mood swings and breast tenderness at first, but this usually disappears after a few months.

Newer Swedish and Danish studies document that Jaydess entails a greater risk of pregnancy outside the uterus than Kyleena and Mirena.

The Mirena spiral does not improve the so-called cyclic migraine, that is, migraines which are triggered by each period. Since it does not affect ovulation, it has no effect on ovulation pain. Finally, in some women an IUD may stimulate the formation of cysts on the ovaries (about 12 %). However, these cysts usually disappear on their own.

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PLACING OF THE SPIRAL

The spiral is placed within the first 4-8 days after the first day of your period, preferably when you are still bleeding a little. Taking pain medication such as Ibuprofen (e.g. 1 g Paracetamol and 400 mg Ibuprofen) approximately 1 hour before the procedure can reduce cramping. You will have a gynaecological examination and ultrasound scanning prior to the procedure.

A little local anaesthetic is placed in the cervix, after which the spiral is placed. The cords on the spiral are cut so that they disappear into the cervical canal. The placement of the IUD is checked in the uterus using ultrasound. In the following days you may experience period-like cramps

PRICE

The hormonal IUD costs approximately DKK 1,200-1,400 REMEMBER to pick up the hormonal spiral at the pharmacy before you come to the clinic.

CAN I CHECK THAT THE IUD IS IN PLACE MYSELF?

Often you cannot feel the threads yourself, as they have been cut quite short, and pulled up into the cervical canal.

This also means that your own doctor cannot see the cords in a general gynaecological examination. If there is a need to check whether the spiral is still in place, this can only be done by doing an ultrasound examination.

YOU SHOULD CONTACT A MEDICAL DOCTOR

- If the coil is suspected to be expelled or displaced
- If pregnancy is suspected
- In case of unexplained fever, pain, or foul-smelling vaginal discharge
- In case of sudden changes in your bleeding pattern
- In case of side effects that do not subside within 6 months.

IMPORTANT INFORMATION IF THE INSERTION OF MIRENA, KYLEENA OR JAYDESS FAILS

If the gynaecologist can't insert an IUD, you can't get a replacement coil from the company that sells the coil. This is by decree from the Danish Health Authority and the Ministry of the Interior and Health.

If the IUD is malfunctioning, it can be replaced via the pharmacy where you bought it. The gynaecologist will provide a description of the reason for the complaint. The patient is personally responsible for filing a complaint with the pharmacy.

PRICE

Consultation incl. insertion of IUD € 300

HOW TO PAY

Please transfer to **IBAN account no. DK4667710005844289** with beneficiary bank **swift code LAPNDKK1** no later than two days before your appointment and send a screen dump of the receipt to **contact@metropolgynclinic.com**.

You will receive an invoice after the consultation.