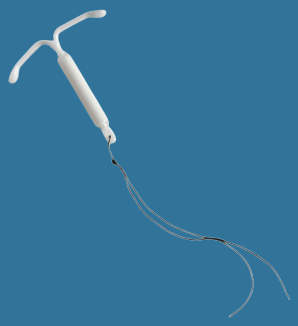
FACT SHEET: HORMONAL IUD (MIRENA®, LILETTA®, SKYLA®, and others)

Remember, the Hormonal IUD **does not protect you from Sexually Transmitted Infections or HIV.** If you are looking for protection from STIs and HIV, both the internal and external condom are great options.



HOW DOES THE HORMONAL IUD WORK?

- The progestin IUD is a T-shaped plastic rod that stays in your uterus. It contains a hormone (levonorgestrel, a progestin) like the ones your body makes. The hormone blocks sperm from reaching the egg.
- No method of birth control is 100% effective. The hormonal IUD is over 99% effective.

AFTER THE HORMONAL IUD IS INSERTED, WHEN CAN I HAVE SEX?

- You must wait 24 hours after the IUD is placed before you can use tampons, take a bath, or have sex.

WHEN DOES THE HORMONAL IUD START WORKING?

- Skyla and Kyleena start to work 7 days after insertion. For 7 days after your IUD is inserted, **use condoms or continue your pills/patch/ring as back-up**.
- Mirena and Liletta start to work right away.

HOW LONG DOES THE HORMONAL IUD LAST?

- The hormonal IUD works for 3 to 8 years, depending on which IUD you choose.

IS THERE ANYTHING I NEED TO DO AFTER HAVING THE IUD INSERTED?

- Some people like to check their IUD's string after each period. To check, insert a finger into your vagina and feel for the cervix. (It feels like the tip of your nose.) You should feel the string near your cervix. **Do not** pull on the string.

WHAT DO I DO IF AND WHEN I DECIDE TO GET PREGNANT?

- When you are ready, your clinician can remove your IUD, or you can try to do it at home if you would prefer. Most people get pregnant soon after removal.

HOW DOES THE HORMONAL IUD HELP ME?

- You do not need to think about birth control before or during sex.
- You do not need refills (as you do for the pill).
- You can use the hormonal IUD while breastfeeding.
- You may have less cramping and bleeding with periods.
- The hormonal IUD costs less than most types of birth control.

HOW WILL I FEEL HAVING THE HORMONAL IUD IN ME? HOW WILL MY BODY CHANGE?

- You will not feel the IUD in you.
- You may have cramps and spotty periods for the first few months. Ibuprofen or naproxen can help. You can take up to 4 pills (800 mg) of Ibuprofen every 8 hours with food. To prevent cramps, take Ibuprofen when your period starts and continue as long as you need it. You can also put a hot water bottle on your belly if you have bad cramps.
- You may stop having periods after 1-2 years with the hormonal IUD. This is normal.
- You may have spotting, bloating, nausea, headaches, or breast tenderness.

DOES THE HORMONAL IUD HAVE RISKS?

- The hormonal IUD is very safe. Serious problems are rare. If you have the following symptoms **within the first 3 weeks** after getting an IUD, see your clinician:
  - Fever (>101ºF)
  - Chills
  - Strong or sharp pain in your stomach or belly
- If you have the following symptoms **at any time** while you have an IUD in you, see your clinician:
  - Feeling pregnant (breast tenderness, nausea, vomiting)
  - Positive home pregnancy test