

IT'S EASY TO GET A

DISCOUNTED CONSULTATION

WE ARE MAKING OUR SERVICES
MORE AFFORDABLE FOR EVERYONE

BECOME
A MEMBER
AND SAVE
TODAY!

WHAT DO YOU GET AS A MEMBER?

- Special members discount rates for consultations at SHFPACT clinic and Canberra Menopause Centre.
- 5% discount on bookshop purchases.
- Free or discounted attendance at health information and special events. For example: Healthy Menopause Information Evenings by the Canberra Menopause Centre, Parent Information Evenings about communicating with your children and young people about puberty, relationships, etc.
- SHFPACT members enews that will keep you updated with special members events, activities and other services.

JOIN ONLINE AT
shfpact.org.au
OR AT RECEPTION



OPENING HOURS

Please contact our reception staff on 02 6247 3077 or visit shfpact.org.au for SHFPACT clinic hours

LOCATION

SHFPACT is conveniently located in the city.

Level 1,
28 University Avenue
Canberra ACT 2601

CONTACT

02 6247 3077
shfpact@shfpact.org.au
0400 770 999 (SMS ONLY)

ENGAGE

shfpact.org.au
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DONATE

All donations to SHFPACT over \$2.00 are tax deductible

SHFPACT CLINICAL SERVICES

- Contraceptive advice, information & services
- IUD's and other long acting contraceptive options
- Cervical screening
- Canberra Menopause Centre
- Unplanned Pregnancy Counselling Service
- Sexually transmissible infections (STIs): testing, treatment and advice
- Blood borne virus and HIV testing
- Emergency contraception (the 'Morning After' Pill)
- Breast checks and breast awareness education
- Fertility issues and pre-conception advice
- Sexual difficulties and sexuality education
- PrEP information, advice, and prescription

SHFPACT is a health promotion charity (HPC)
assisted with funding from the ACT Government.



I'M ALL ABOUT

THE HORMONE RELEASING IUDS



Sexual Health and Family Planning ACT
Level 1, 28 University Ave, Canberra City
Call 02 6247 3077 • SMS 0400 770 999
or email shfpact@shfpact.org.au



shfpact.org.au

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WHAT ARE HORMONE RELEASING IUDS?

Hormone releasing IUDs are small plastic devices which are inserted into the uterus (womb) by a doctor and are used to prevent pregnancy. They contain a hormone called levonorgestrel in the stem. Levonorgestrel is a type of progestogen. A very small amount of this hormone is released continuously over 5 years. There are two types of hormone releasing IUDs: the Mirena® and the Kyleena®. The Kyleena® is slightly smaller and releases a lower dose of hormone than the Mirena.

HOW DO THEY WORK?

The hormone releasing IUDs work mainly by preventing fertilisation. They do this by thickening the mucus in the cervix to prevent sperm penetration, interfering with sperm movement, and thinning the lining of the uterus. The Mirena® IUD can be also used to assist in the control of heavy menstrual bleeding and can be used as a part of menopause hormone therapy (MHT).

HOW EFFECTIVE ARE THEY?

The hormone releasing IUDs are over 99% effective.

HOW LONG DO THEY LAST?

Both the Mirena® and the Kyleena® last for 5 years.

WHAT ARE THE ADVANTAGES OF HORMONE RELEASING IUDS?

- They are highly effective contraceptives.
 - They do not require any day to day action.
 - They are long acting.
 - The effect is rapidly reversible after removal.
 - They are a very cost-effective method over time.
 - They can be used when breastfeeding.
 - They decrease menstrual bleeding and pain.
- (Very light or no periods are common when using the Mirena®).



WHAT ARE THE DISADVANTAGES?

- They must be inserted and removed by a doctor.
- As with any procedure there is always a small risk of complications.
- The insertion procedure can be uncomfortable.
- It is common to experience light bleeding and spotting for 3 to 6 months after insertion.
- Your periods may be irregular and some occasional light spotting can continue longer term.
- Occasionally there are factors in the shape of your uterus that prevent IUD insertion, and this may not be apparent until insertions attempted.
- IUDs provide no protection against sexually transmissible infections (STIs).

WHAT ARE THE POSSIBLE PROBLEMS WHICH MAY OCCUR WITH HORMONE RELEASING IUDS?

- There is a small risk of pregnancy occurring with an IUD (less than 1 in 100). If pregnancy does occur there is a slightly increased risk of it occurring in the fallopian tube.
- Infection: There is a small risk of infection at the time of insertion (about 1 in 500).
- Expulsion: In about 5% of cases the uterus will expel the device. You need to check that the IUD is still in place by feeling for the IUD string after each period. If the string is not present this may indicate that the IUD has moved or been expelled.
- Perforation: This is a rare event (approximately 2 in 1000 insertions) which occurs when the IUD passes through the wall of the uterus into the pelvic area. This will require surgery under a general anaesthetic to remove the IUD.

HOW IS AN IUD REMOVED?

Removal of an IUD is done by a doctor. It is a relatively quick and straightforward procedure.

WHO DO I GO TO FOR IUD INSERTION?

IUDs are only inserted by doctors who have done IUD training. The clinic at SHFPACT provides IUD insertion services. Some GPs and most gynaecologists also provide this service.

REFERENCES:

Contraception: An Australian clinical practice handbook 4th Edition.
 Contraception: Intrauterine Devices/ Family Planning QLD
 Hormone Releasing IUD (Mirena) Fact sheet, Family Planning NSW
 Guillebaud, J & MacGregor, A. 2013. Contraception: Your questions answered. 6th Edition. Churchill Livingstone

WHAT HAPPENS IN THE IUD INSERTION PROCESS AT SHFPACT?

INITIAL CONSULTATION APPOINTMENT

- There will be an initial consultation with a doctor to determine if a hormone releasing IUD is a suitable option for you. The method and insertion procedure will be explained, a Cervical Screening Test will be offered if it is due, and swabs may also be collected if required. It is best to ask any questions or raise concerns at this point.
- A prescription for the IUD will then be given to you. You will need to go the chemist and have this filled, then you need to bring the IUD with you to the clinic on the day of insertion.
- Following your initial consultation, you will need to make an appointment for the insertion.
- A hormone releasing IUD needs to be inserted on day 1 to 7 of your menstrual cycle (day one being the first day of your period) or at any time if you are currently using the oral contraceptive pill or another reliable method of contraception.

INSERTION APPOINTMENT

- You will be encouraged to arrange to be driven home and to rest up after the procedure and for the remainder of the day (you may need to organise care for young children, time off work etc.). You will probably be fine to return to normal activities the following day.
- You will be at the clinic for an hour to an hour and a half. If parking please ensure you have left enough time.
- The doctor will run through the procedure and make sure the process is clear.
- An uncomplicated insertion procedure takes about 15 mins. You will be asked to stay at the clinic for a minimum of 20 minutes following the procedure. If you are not feeling well you will be asked to remain until the staff caring for you feel that you are well enough to leave.

AFTER INSERTION

- There may be cramping and/or bleeding in the first few days afterwards.
- Spotting may occur for up to 3 to 6 months after insertion.
- We advise that nothing should enter the vagina for 3 days afterwards in order to reduce the risk of infection: no tampons, no sex, no baths, no swimming or douches (showering is ok).
- You will need to return for a check-up in 4- 6 weeks. At this appointment the doctor or nurse will do a speculum examination to check the strings are visible, and an internal exam to check for pain or infection.
- You should contact the doctor if:
 - You suspect you might be pregnant.
 - You experience excessive pelvic pain or tenderness, fever or chills, offensive vaginal discharge, or deep pain with intercourse.
 - You can't feel the string or can feel the plastic of the device.