

# JAYDESS<sup>®</sup>, KYLEENA<sup>®</sup> or MIRENA<sup>®</sup>



**How it works:** It reduces the monthly thickening of the lining of the uterus. It also thickens the cervical mucus to prevent sperm from passing through the cervix.

**Effectiveness rate:** 99.8%

Specifically designed:

- for all women;
- to reduce blood flow during your period and for the Mirena, it may completely stop menstruations;
- to reduce menstrual cramps;

It can also reduce the risk of endometrium and ovarian cancer.

Some women may notice:

- irregular menstruation and /or spotting up to 3 months after the insertion, it can even go up to 6 months in some cases;
- acne or oily skin;
- abdominal cramps, breast sensitivity, vaginal discharge, nausea and hair loss;
- body hair increase;
- changes in mood.

During the insertion, you may have:

- abdominal cramps (you can expect 2-3 intense cramps);
- pain in your thighs;
- pain in lower back;
- bleeding;
- nausea, dizziness, hot flash or weakness.

## COPPER



**How it works:** It reduces sperm motion and creates an inflammatory reaction in the uterus lining.

**Effectiveness rate:** 99.2%

Specifically designed:

- for all women;
- to maintain your menstrual cycle;
- as a non-hormonal contraceptive;
- to be effective immediately after insertion.

It can also reduce the risk of endometrium cancer.

Some women may notice:

- spotting and/or irregular discharge in the first month;
- heavier menstrual bleeding and cramping;
- occasional or persistent pelvic pain;
- an exacerbation of their anemia in a pre-existing condition.

After insertion, you may have:

- a feeling of needing to urinate or defecate;
- abdominal pain or cramps, a bloating sensation, bleeding comparable to a period, heavy leg sensation. All of these symptoms may last a few days.

## FOR YOUR KNOWLEDGE

### Emergency IUD

The copper IUD ( 5 or 10 years ) may be used as an emergency contraceptive if inserted in the next 7 days after unprotected sexual intercourse.

### Copper 3 and 5 years, 5 Mini, Jaydess<sup>®</sup> and Kyleena<sup>®</sup>

These intrauterine contraceptives may be used by all women but since they are smaller, they are recommended for women who have never given birth.

### Possible risks associated with intrauterine contraception:

- expulsion 2 to 5/100
- infection 5/1000
- perforation (when inserted ) 1/1000

\* This flyer is intended to provide information but does not replace the original monograph of its manufacturer.



## Instructions before insertion

If hormonal contraceptive is in use, continue until the day of the insertion of your intrauterine contraceptive.

If you are changing a copper IUD for a hormonal one, you need to use a condom for 7 days before your appointment.

If you are not using a hormonal contraceptive, you cannot have any sexual intercourse or penetration even with a condom from:

- The first day of your next menstruation until the insertion of your intrauterine contraception.
- Take a pregnancy test on the \_\_\_\_\_ and no sexual intercourse from \_\_\_\_\_ to \_\_\_\_\_.

## Appointment

Mirena®    Jaydess®    Kyleena®    Copper

Your appointment is: \_\_\_\_\_ at \_\_\_\_\_

Intrauterine contraceptives need to be bought at a pharmacy.

Some pharmacies may not carry all of the brands and need to order them through their supplier.

It is recommended that you buy your intrauterine contraceptive a few days before your appointment.

On the day of the insertion, make sure you bring your Quebec health card otherwise, fees will be charged.

## Instructions

- Take 3 tablets of Advil® 200mg with food 1 hour before your appointment if no contraindication.

The insertion takes a few minutes. We will ask you to stay in the waiting room for 10 minutes to make sure you are feeling well before you leave the clinic.

## Post-insertion instructions

If you were not using contraception before the insertion, use a condom for a period of 7 days after.

If you were using a hormonal contraceptive before the insertion, keep on using it for the next 7 days.

If you are changing your copper IUD for a hormonal one, you need to use a condom for the next 7 days.

## Follow-up appointment

A follow-up is recommended 4 to 6 weeks after the insertion.

- At la Clinique des femmes de l'Outaouais  
date : \_\_\_\_\_ at \_\_\_\_\_ o'clock.
- With your family doctor  
Doctor \_\_\_\_\_

See a doctor earlier if any of these symptoms occur:

- fever 48 to 72 hours after insertion and odorous vaginal discharge;
- you feel a pointy object in your vagina;
- important bleeding or abnormal pain;
- bleeding or pain during sexual intercourse;
- cannot feel the strings when you could feel them before.

# Choosing your intrauterine contraceptive



Clinique des femmes  
de l'Outaouais

228 St-Joseph Boulevard, suite 201  
Gatineau (Qc) J8Y 3X4  
www.cliniquedesfemmes.com  
819-778-2055

If you have any questions or concerns, you can call la Clinique des femmes at 819-778-2055 or Info-santé by dialing 811.