

Changes in guidance re IUS (Mirena)

Please find the updated guidance regarding the use of the Mirena IUS:

- If this was fitted when you were less than 45 yrs old, then it is now licensed for 8 yrs when using for contraception only.
- If fitted when you were over 45yrs, it can cover you for contraceptive use until the age of 55yrs when most women can have it removed.
- If you are using it as part of an HRT regime it can only be used for 5 yrs, and it is very important that you contact the practice to arrange for it to be kept up to date or arrange for an alternative progesterone to cover you if out with 5 years. This will be checked annually as part of your HRT review.
- If you are in any doubt about when your IUS is due for a change, please contact the practice and we will be happy to assist.
- The practice is no longer operating a recall system, so you will need to be aware of when your mirena expires, and contact the practice around 6 weeks prior to this to arrange a routine telephone consultation with a GP to discuss removal or change.
- If you have your mirena removed or changed elsewhere, please contact the practice so that we can update your record accordingly.
- This page will be updated with any further /new guidance introduced to keep you informed.