



## Mirena

Imagine having hassle-free birth control for up to 5 years (or less, if you choose).<sup>1</sup> Birth control that, once removed, allows you to try to become pregnant right away and adapts to your contraceptive needs throughout the different stages of your life. That's Mirena, an estrogen-free intrauterine contraceptive that delivers small amounts of hormone directly to the uterus. Other benefits of Mirena:

- 99.8% effective in preventing pregnancy for up to 5 years (or less, if you choose)
- Provides lower and steadier hormones than the Pill
- Won't cause significant weight gain
- Easily removed with quick return to fertility
- May also help shorten, lighten or even eliminate periods

### How Mirena Works

**Mirena** is a tiny T-shaped piece of plastic that is placed into the uterus by your healthcare professional. Once **Mirena** is in place, it begins to slowly release small amounts of the hormone levonorgestrel into your uterus. It does not contain estrogen, so you can be free of estrogen-related side effects.

While there is no single explanation for how **Mirena** works, it may:

- Block sperm from reaching or fertilizing your egg
- Make the lining of your uterus thin (this may also result in benefits like less menstrual bleeding over time)
- Stop the release of your egg from your ovary (but this is not the way it works in most cases)

It is believed that all 3 of these actions may work together to prevent pregnancy.

### Mirena® Works Precisely Where You Need It

It is thought that the small amounts of levonorgestrel that are released by **Mirena**® make your cervical mucus thick and tacky. This is why sperms are immobilized and can't enter the uterus. And the thinning of the uterus is why you may have less menstrual bleeding over time. In fact, about 20% of women will have no period after one year, a safe (and, for most women, preferred) condition.

**Mirena** is made of soft, flexible plastic. It's so small and comfortable, most likely you and your partner will never know it's there.

### Benefits of Mirena

With the hassle-free protection of the Mirena intrauterine contraceptive, you can think about the moment, not your birth control method. There are no daily, weekly or monthly hassles.<sup>1</sup> And placement or removal takes only an office visit with your healthcare professional.

Hassle-free Convenience

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## 99.8% Effective, Nothing You Have to Do

Once in place, Mirena works completely on its own. Unlike other methods, it doesn't rely on your using it regularly and properly to be effective.

Mirena® 99.8% | The Pill 92% | Patch/Ring 92% | Condoms 85%

Easily removed with quick return to fertility — studies show your chances of getting pregnant after Mirena is removed are similar to women who had not been using any form of birth control.

### Proven Safety

- Used successfully by more than 8 million women worldwide over the past 16 years
- FDA-approved
- 9 out of 10 women who use Mirena® would recommend it to their friends
- You decide when you want to try to become pregnant again
- Unlike surgery, Mirena lets you keep your birth control options open (25% of women who have tubal ligation regret the decision later)
- Easy for your healthcare professional to replace at the end of 5 years
- Easy for your healthcare professional to remove whenever you choose

## Once your body adjusts to Mirena intrauterine contraceptive, you may find your periods may be:

- Shorter
- Lighter — expect up to a 90% reduction in menstrual bleeding after the first year of Mirena® contraceptive use
- Or eliminated altogether — 20% of Mirena® users had no bleeding or spotting at all after one year

After Mirena is placed, you may experience heavier periods over the first 3 to 6 months because the lining of your uterus is shedding. This may also result in irregular periods such as “spotting” (a small amount of blood loss) or light bleeding outside of your monthly period. During this time, you may need sanitary protection, like you do during your period.

Remember, these menstrual changes are not harmful. The reason you may eventually have a shorter period, or one with little or no menstrual flow, is because of the thinning of your uterine lining. When Mirena is removed, your uterine lining and menstrual cycle will return to the way they were before you used Mirena.

### IMPORTANT INFORMATION ABOUT MIRENA®:

Only you and your healthcare professional can decide if Mirena is right for you. Mirena does not protect against HIV or sexually transmitted diseases (STDs). Candidates for Mirena have had a child. Mirena is not appropriate for women who are or may be pregnant; or who may have a distorted uterine cavity; acute genital infections including pelvic inflammatory disease; cancer of the cervix, uterus, or breasts; unexplained vaginal bleeding; or acute liver disease or tumors (benign or malignant). In rare cases, perforation or embedment may occur. Mirena may become completely or partially dislodged. In the rare event you think you're pregnant, contact your healthcare professional without delay to be evaluated for ectopic pregnancy. Ovarian cysts may occur and typically disappear. Persistent cysts should be evaluated. Missing periods or irregular bleeding is common in the first few months, followed by shorter, lighter periods.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.