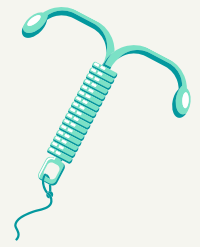


# The Intrauterine System (IUS)



*Mirena, Jaydess, Kyleena*



## What is the Intrauterine system?

The intrauterine system, or IUS is a small, T-shaped plastic device inserted in the uterus that steadily releases small amounts of hormones to prevent pregnancy. It provides **3-5 years** of consistent birth control coverage. The IUS may also be known as "the hormonal IUD" (hormonal intrauterine device).



## How does it work?

The IUS contains a synthetic progesterone hormone, levonorgestrel, that slowly releases over time. This hormone thickens the cervical mucus, creating a barrier for sperm to get through, while also thinning the lining of the uterus to make it difficult for a fertilized egg to implant.



## How do I use the IUS?

The IUS needs to be inserted into the uterus by a doctor. The doctor may give you a local anesthetic/freezing agent to help with discomfort. The doctor will insert a speculum in to your vagina, measure your uterus, and insert the IUS through the cervix (the opening of the uterus). The process is usually uncomfortable and you may feel some cramping and discomfort. Depending on which brand of IUS you receive, it can provide continuous birth control coverage for 3-5 years.



## Where can I get the IUS? What is the cost?

A doctor can prescribe and insert the IUS for you. To receive an IUS you will typically require two appointments: one for a consultation, and the second for insertion. You will need to purchase your IUS at a pharmacy before your appointment. The IUS costs **\$300-\$400** at most pharmacies. It is covered by most insurance plans.



## Are there any side effects?

- The IUS may cause mild side effects such as irregular bleeding or spotting, bloating, breast tenderness, nausea, or mood changes for the first 3 months after insertion
- Most users experience a less heavy period and 20-30% of users stop having their period all together with an IUS.



## How effective is the IUS?

The IUS is **99.7% effective** in preventing pregnancy. It does NOT offer any protection against Sexually Transmitted Infections or HIV

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