

# Women's Health Circle

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## INSERTION OF A MIRENA UNDER ULTRASOUND GUIDANCE

### General information

The Mirena is a specialised intrauterine device that is inserted under direct vision using ultrasound as a guide. Mirena's are used for contraception, management of heavy periods or abnormal cells in the uterus.

### What does this procedure involve?

The procedure involves a transabdominal and transvaginal ultrasound examination to check your uterus for any lumps or bumps and to assess which way your uterus is pointing.

After this, your doctor will insert a sterile speculum into the vagina. A small tube will be passed through and local anaesthetic will be placed inside the cervix and uterus.

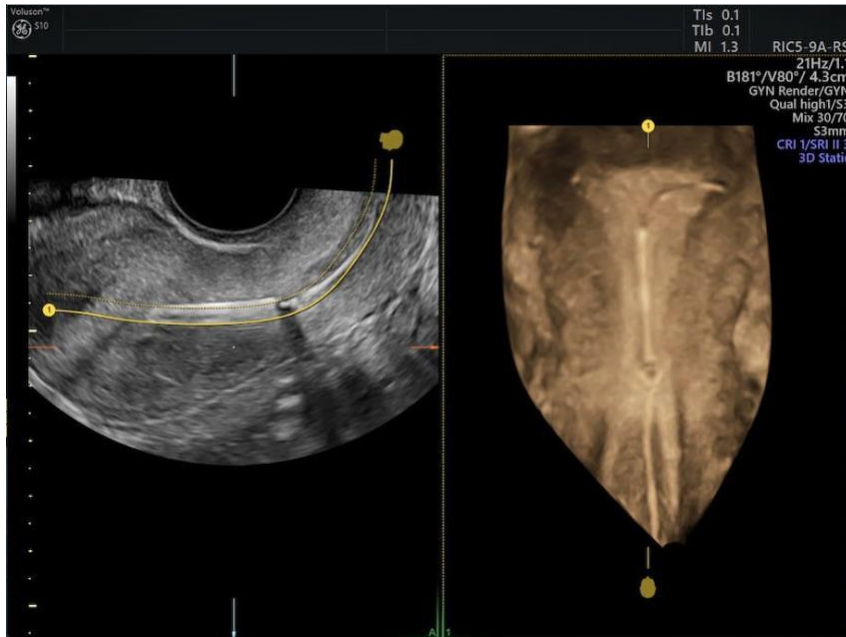
Under direct vision using ultrasound, the Mirena will be placed. The speculum will be taken out and replaced with the transvaginal ultrasound probe. The position of the Mirena will be checked using 3D techniques.

### When is the best time?

The best time to insert a Mirena is in the first 7 days of your period. If your period has not started by the appointment or if your period starts earlier, then call our rooms to discuss whether or not you should reschedule.

### What do you need to bring?

- 1) Script for your Mirena (if you don't have one – let our staff know and we will arrange a script for you)
- 2) Make sure you get your Mirena script filled at the chemist at least one day before the procedure
- 3) Bring the Mirena with you
- 4) Bring a fresh urine sample with you so that we can make sure you are not pregnant prior to insertion.



3D reconstruction of the uterine cavity showing the position of the Mirena intra-uterine system

### Will it be painful?

This type of procedure does not need any hospitalisation or an anaesthetic. Some women do experience period-like pain during or shortly after the procedure. We recommend you take a two Panadol or Neurofen or Naprogesic tablets 1 – 2 hours before the procedure.

### Don't plan to drive home?

You may feel absolutely fine after the procedure but you may feel light headed or a little uncomfortable. The safest thing to do is not to drive in case. You will be fine to drive and go to work the following day.

### What are the risks of the procedure?

- Bleeding from the vagina which usually resolves on its own
- Dizziness or feeling faint, which usually resolves with bed rest
- Infection, requiring antibiotics and further treatment but this is rare
- May not be possible due to technical or medical reasons
- Allergic reaction to the contrast medium
  - Rash, hives, itching, nausea, fainting and shortness of breath
- If you have a heart valve problem or are on any immunosuppressive medications, please talk to the doctor before the procedure

### After the procedure?

After the procedure, we recommend that you rest for 10 minutes after the test. We will arrange another appointment in 6 weeks time to check the strings. Please let us know if you are experiencing any problems post insertion.