

Fact Sheet - Dinka

IUD WÄL YÖRMON (MIRENA®)

The Hormone Releasing IUD (Mirena®)



IUD Wäl Yörmon Ye Kë Yindä?

IUD wäl-yörmon töñ ye woc Ƴothralia a col Mirena®. Yeen ee wai thiin alööt cīt kīn 'T' leñ yic yörmon col lebonorjethterel. Yeen a ye tāau adhiëet yic bë liëc gël. Yeen a leñ awin nylon thiin cë ruök ye thok. Na cë tāau adhiëet yic, ka awin deen nylon ee thok bën bei adhiëet-thok (të këec adhiëet thok thīn) bë rëer wæeth. IUD wäl-yörmon a lëu bë rëer adhiëet yic run ka dhiëc.



IUD Wäl-Yörmon Ye Luui Kadä?

Yörmon ee lääc töu adhiëet-thok col la dhiäkdhiäk rin bë mith wël moc ya thiik ku yeen aya ee kuæth adhiëet looi bë yemyem. Yeen aya a lëu bë wuök adhiëet thiöök bë toñ cī ye löny.

Ye Diec Luui Kadä?

IUD wäl-yörmon ee lon deen gël yen liëc njec tiñ rëk bë tik 99.8 buoot yic rëer këc meth. Keya, ka tiñ lëu bë liëc ka cëñ a lëu bë tök daäk tik buoot cëñ yic, ruöön yic.

Yeña Këc Pën IUD Wäl-Yörmon?

Diäär juääc aa këc pën IUD, gut tiñ këc meth kañ yök, ku tiñ thuëet meth thīn, ku apath ba akiëm du thiëec lon bī yen piath ke yīn. Yeen aya apath ke diäär kuër apëy të theek kek rin yen kuër tek yic bë tik kuër nīn lik ku kor riem (ku a lëu bë thëk teem ebën). Kën a cīn kë ye kañ rac guäp du yic.

Yeña Cë Pën IUD Wäl-Yörmon?

Duk tēu yī yic të diu yīn ciët yī cë meth yök. Tekdä ka leñ tuentyuëeny kök töu yī guöp wën lëu bīk yī pën IUD porojethtojin. Yeen ee kë path alandeen ba dhiel jam kek akiëm du rin ba njic lon bī yen piath ke yīn.

Leñ Kë Lëu Bë Wäac?

Tekdä ka tik a lëu bë kuër ya tēm yic ku ye riem thiü pëy reen tuëñ ke puoc IUD wäl-yörmon tāau adhiëet yic. Kuëer ee lac köc ku ye thëk nīn lik looi ku kor riem ku kaam dëd thëk a lëu bë teem ebën tēn diäär kök.

Diäär kök aa lëu bīk muön kek yörmon, cëmën a lëu bë riem köc ke gup wälä dël tik a lëu bë rot waar, bë ya këdāñ yen cī yen rot ye

lac looi rin koor yörmon bën wët bei.

Tekdä ka yīn a lëu ba juny wuoc kaam tēu IUD adhiëet yic.

Akīm wälä akuonyakīm a bī lëk kök lëu bīk wäac të tēu IUD adhiën du yic.

Ba IUD Wäl-Yörmon Yök Tëno?

Yīn a cë lëk ba dhiel la tēn akīm wälä Panakīm ë Guiër Macthok. Diäär wīc IUD aa ye lëk bīk la këñ yic rou. Akīm a bī thiëec alöñ pial guäp du ku lëk yīn alöñ IUD rōm tuëñ yic. Wanh du ku juöny du aa bë caath ku ceeth lääc töu wanh du yic lon leñ yen tuany töu thīn. Na ben la bën nēm rou ka IUD a bë jal bën tāau adhiën du yic. Dhël ye yeen tāau yī yic a bī akiëm wälä akuonyakīm kuëny yic yīn. Tēu de ee yuul 10 nyaai. Diäär kök aa tēu de yök ka leñ të thiin rac ku tēu de ee töök tēn diäär kök. Yīn a cë ba dek wal arëem ka këc gua tāau yī yic. Miëth a ce kañ theek të tēu yeen yī yic, ku yeen guöp apath alandeen ba dhiel cam ku jal la bë la tāau yī yic. Diäär kök aa thöök të tēu ye thīn wälä të cī tēu thök ku tekdä bë yī lëk ba kañ löñ panakīm amäath ku jal jäl. Na leñ të dëd leer yīn, ka path ba rot gām kaam döt thää tök panakīm.

Ye IUD Wäl Yörmon Miëet Bei Kadä?

Yīn a cë lëk ba dhiel la tēn akīm wälä Panakīm ë Guiër Macthok bī yeen la bëey bei thīn. A leñ makëc pæeth ye akīm IUD miëet bei adhiëet yic. Kën ee yuul ka rou nyaai. A leñ të thiin ye diäär kök maan miëet de bei yic ku diäär kök aa cīk ye cak yök ciët leñ kë mīt bei ke yiic.

www.fpnsw.org.au | [telepun ë jam 1300 658 886](tel:1300658886) | [dukän athör](#)

loilooi ë kīim & lëk | piöoc & nyuuth | jác | guiër ë pinynhom

Aguir ë Guiër ë Macthok NSW a ce wëu luöoi bīk dhiët ku wëu keen yen luui aa bën tēn Amathhöm ë Pialguöp NSW

Lëk töu athör këñ yic a cë gät ka ye kë lëk koc path ku cīn dëd lëu bī raan looi yeen. Aguir ë FNPNSW a cë kë riëec ebën guir rin bë lëk këñ ya lëk la cök ku tēu nyien kööl wäär gët yeen. Na leñ raan dieer alöñ të deen bī yen dhiët thīn wälä alöñ të deen bī yen pial thīn të tēec yen ke moc/ tik, ka yeen apath bë la tēn akiëm de bë yeen la wëet ku kony yeen; tēdä ka lëu bë la Panakīm ë Guiër Macthok.

Beric: Pendhëtem 2014/FPNSW 06/14

Kä Ba Dhiel Muk Yi Nhom

Peey thok ebën, ye yi cin gac wanh du yic ba awin nylon ruany tē cī kuēr ē thēk du thök, loi keya rin ba njic lön njuot rēēr IUD nyien de. Na leŋ lääk lēēk bei wanh du ku a ce lääk thōŋ ke lääk duun theer dhie wälä na ye yi reem yic lōŋ bī yi juny, ka lōc la tēn akim ka cin agäü.

Na dieeu ciēt yi cē liēc, ka yi la tēn akiēm wälä lōor panakim bē yi bēn la caath lön cīn meth yök. Bē ya kēdāŋ yen peth yen ba muk yi nhom ye thēk ye yic guēēl tē ceŋ yīn IUD wäl-yörmon.

Na ye tōc ke rōör kōk, wälä mony cēŋ wek tōc ke diäär, wälä na yök mony dēd yam, ka yi ceŋ kondom tē tēēc wek yet kōöl week wedhie caath gup lön cīn wek gup tuenyueeny ye yök tōc yic (STIs).

Ye kōöl bī ye waar muk nhom rin IUD a cē path bē rēēr yi yic rēk bē kaam cī akim lueel waan.

Na wic ba lēk kōk yök

- *Jam kek aguir ē Guiēr ē Maethok NSW telepun ē jam 1300 658 886 wälä nem lökayukar: www.fpnsw.org.au/talkline*
- *NRS (raan cīn ye yic) 133 677*
- *Wälä löc Panakim ē Guiēr ē Maethok tōu akeunhom*

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Aguir ē Guiēr ē Maethok NSW a ce wēü luöoi bik dhiēt ku wēü keen yen luui aa bēn tēn Amathöm ē Pialguöp NSW

Lēk tōu athör kēn yic a cē gāt ka ye kē lēk koc path ku cīn dēd lēu bī raan looi yeen. Aguir ē FPNPNSW a cē kē riēec ebēn guir rin bē lēk kēn ya lēk la cök ku tēu nyien kōöl wäär gēt yeen. Na leŋ raan dieer alōŋ tē deen bī yen dhiēt thīn wälä alōŋ tē deen bī yen pial thīn tē tēēc yen ke moc/tik, ka yeen apath bē la tēn akiēm de bē yeen la wēēt ku kony yeen; tēdä ka lēu bē la Panakim ē Guiēr Maethok.

Beric: Pendhētem 2014/FPNSW 06/14

Fact Sheet - English

THE HORMONE-RELEASING IUD (MIRENA®)



What Is The Hormone-releasing IUD?

The only Hormone-releasing IUD available in Australia is called Mirena®. It is a small plastic device in the shape of a 'T' with a hormone called levonorgestrel in its stem. It is placed inside the uterus to prevent pregnancy. It has a fine nylon string attached and when the IUD is in place, the string comes out through the cervix (the end of the uterus) into the vagina. The Hormone-releasing IUD can stay in place for up to five years.



How Does Hormone-releasing IUD Work?

The hormone makes the mucus in the cervix thicker so that sperm cannot get into the uterus and it also thins the lining of the uterus. It can also sometimes stop your ovaries from releasing an egg.

How Well Does It Work?

The hormone-releasing IUD is a very effective method of preventing a pregnancy (99.8% effective). This means that fewer than one woman in every hundred using this method of contraception for a year would become pregnant.

Who Can Use Hormone-releasing IUD?

Most women are able to use an IUD, including women who haven't had a baby before, and women who are breastfeeding, but ask your doctor if it is suitable for you. It is also useful for women who have heavy periods because it tends to make periods shorter and lighter (and can often stop periods altogether). This is not harmful in any way to your body.

Who Should Not Use This Type Of IUD?

You should not use it if you could be pregnant. There are some medical conditions that you may have which could prevent you from using the Progestogen IUD. It is very important to talk with your doctor to be sure it is safe for you to use it.

Are there any side effects

Women may have irregular bleeding and spotting in the first few months after the hormone-releasing IUD is inserted. Bleeding usually settles down and periods become shorter and lighter and often women will have no periods at all.

Some women may experience hormonal side effects, such as bloating or skin changes, but this is uncommon because the dose of hormone is so small.

There is a small chance of getting a pelvic infection at the time of the IUD insertion.

The doctor or nurse will tell you about other risks of having the IUD inserted.

How Do You Get The Hormone-releasing IUD?

You need to go to a doctor or Family Planning Clinic. You may be asked to make two visits. On the first visit the doctor asks questions about your health and tells you about the IUD. You will have a vaginal/pelvic examination, and possibly a test for vaginal infection. On the second visit the IUD is inserted. Your doctor or nurse will explain the procedure to you. It takes about 10 minutes and some women may find the experience uncomfortable while others may find it quite painful. It is a good idea to take simple pain tablets before the procedure. You do not have to fast before having the IUD put in, in fact it is a good idea to eat beforehand. You may feel faint during or after the insertion and you will probably need to rest for a while before you leave the clinic. You should allow about an hour to be at the clinic.

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How Is The Hormone-releasing IUD Taken Out?

You need to go to a doctor or Family Planning Clinic to have it taken out. The doctor uses a special instrument to remove the IUD by gently pulling on the string. This only takes a couple of minutes. Some women find it a little uncomfortable and some don't feel much at all.

Things To Remember

Feel inside your vagina with your finger to check for the string each month after a period to be sure the IUD is in place.

If you have any unusual symptoms including a discharge from your vagina, pain low in your abdomen or deep pain during intercourse, see your doctor straight away.

If you are concerned that you could be pregnant, see your doctor or clinic for a pregnancy test. But remember, you can miss periods with the hormone-releasing IUD.

If you, or your partner, ever have casual sex, or if you have a new sexual partner, use a condom every time until you both have been checked for sexually transmissible infections (STIs).

Keep a record of the date for replacement because an IUD should not stay in for longer than the recommended time.

For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

Reviewed: June 2014 | FPNSW 06/14

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