Kyleena®, is a Long Acting Reversible Contraceptive (LARC)

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects, you can help provide more information on the safety of this medicine.

Made by Bayer

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PP-KYL-GB-0089 August 2020

A digital guide to your Kyleena®

Kyleena®

19.5 MG INTRAUTERINE DELIVERY SYSTEM
LEVONORGESTREL

This leaflet is intended for women who have been prescribed Kyleena®. Please read the patient information leaflet (PIL) included in your Kyleena® box for full details.

Hi

You've been given this booklet because you have chosen Kyleena®, a small intrauterine system (IUS) that sits in your womb to prevent pregnancy. This booklet will answer any questions you may have about your Kyleena®.

Kyleena®:

- An IUS, which is a long-acting reversible contraception (LARC)
- Highly effective at preventing pregnancy, with a failure rate of only 0.2% in the first year
- Takes approximately 5 minutes to place and **works for 5 years,** but you can have it removed sooner if you wish
- Upon removal, your usual level of fertility will return
- Can be used regardless of whether you've had a baby or not
- Suitable for women of all ages in need of contraception

This is Kyleena®

A small, flexible, plastic T-shape that sits in your womb. Once fitted, you shouldn't even know it's there.

Kyleena®:

- Releases a low dose of hormone
- Does not contain oestrogen
- Does not affect the normal function of your ovaries

How effective is Kyleena®?

Kyleena® is over 99% effective for each year of use, with a failure rate of only 0.2% in the first year.

Kyleena® provides effective contraception for up to **5 years,** but you can have it taken out sooner.

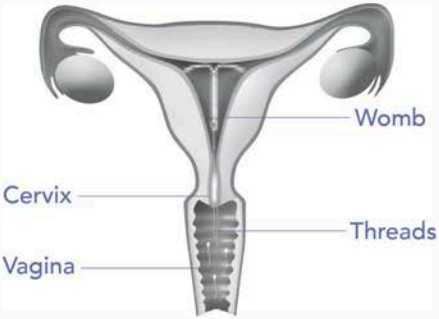
Will I be protected immediately?

If Kyleena® is fitted **within 7 days from the start of your period,** you will be protected against pregnancy **straight away.**

How does Kyleena® work?

Kyleena® slowly releases a **small amount of hormone,** a progestogen called levonorgestrel.

As Kyleena® is placed in the womb, it works right where it is needed and only very small amounts of hormone will enter your bloodstream. Ovulation (the release of an egg from the ovaries) usually continues while using Kyleena®.



Kyleena® prevents pregnancy by:

- thickening the mucus of your cervix, preventing the sperm getting through to fertilise an egg
- thinning of the lining of your womb, making it difficult for an egg to attach

Is Kyleena® the same as the coil?

Kyleena® is not the same as the copper coil. It is a hormonal coil.

Unlike the copper coil, which uses copper to prevent pregnancy, Kyleena® prevents pregnancy by releasing a small amount of hormone.

What happens at your fitting appointment?

Placing Kyleena® takes around 5 minutes but you will have a longer appointment so that your doctor or nurse can talk you through everything and make sure you're happy to proceed.

When you are comfortable and ready, Kyleena® is placed in the womb using a thin tube.

Your doctor or nurse will teach you how to check that your Kyleena® is in place by finding and feeling the threads.

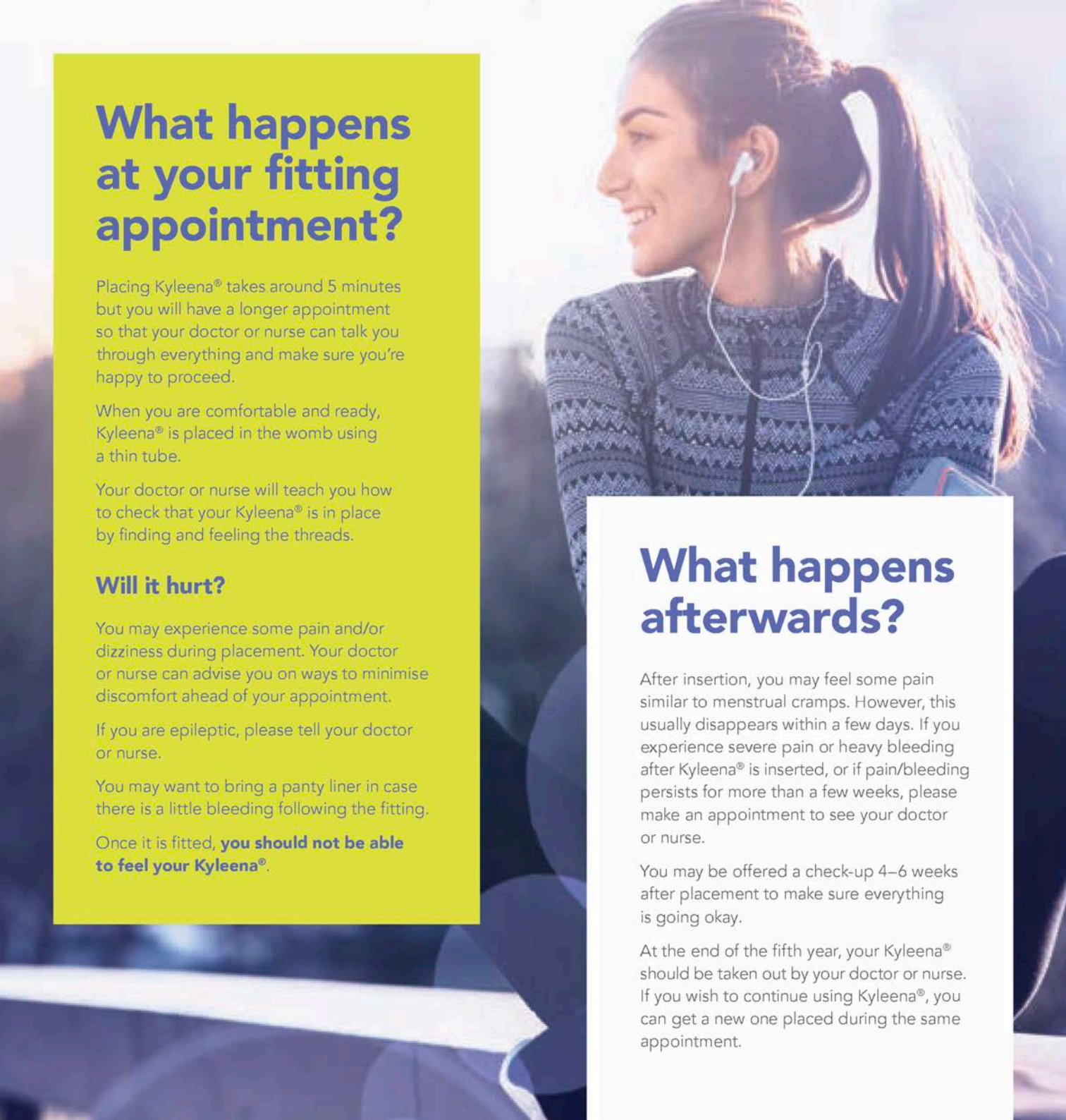
Will it hurt?

You may experience some pain and/or dizziness during placement. Your doctor or nurse can advise you on ways to minimise discomfort ahead of your appointment.

If you are epileptic, please tell your doctor or nurse.

You may want to bring a panty liner in case there is a little bleeding following the fitting.

Once it is fitted, **you should not be able to feel your Kyleena®**.



What happens afterwards?

After insertion, you may feel some pain similar to menstrual cramps. However, this usually disappears within a few days. If you experience severe pain or heavy bleeding after Kyleena® is inserted, or if pain/bleeding persists for more than a few weeks, please make an appointment to see your doctor or nurse.

You may be offered a check-up 4–6 weeks after placement to make sure everything is going okay.

At the end of the fifth year, your Kyleena® should be taken out by your doctor or nurse. If you wish to continue using Kyleena®, you can get a new one placed during the same appointment.

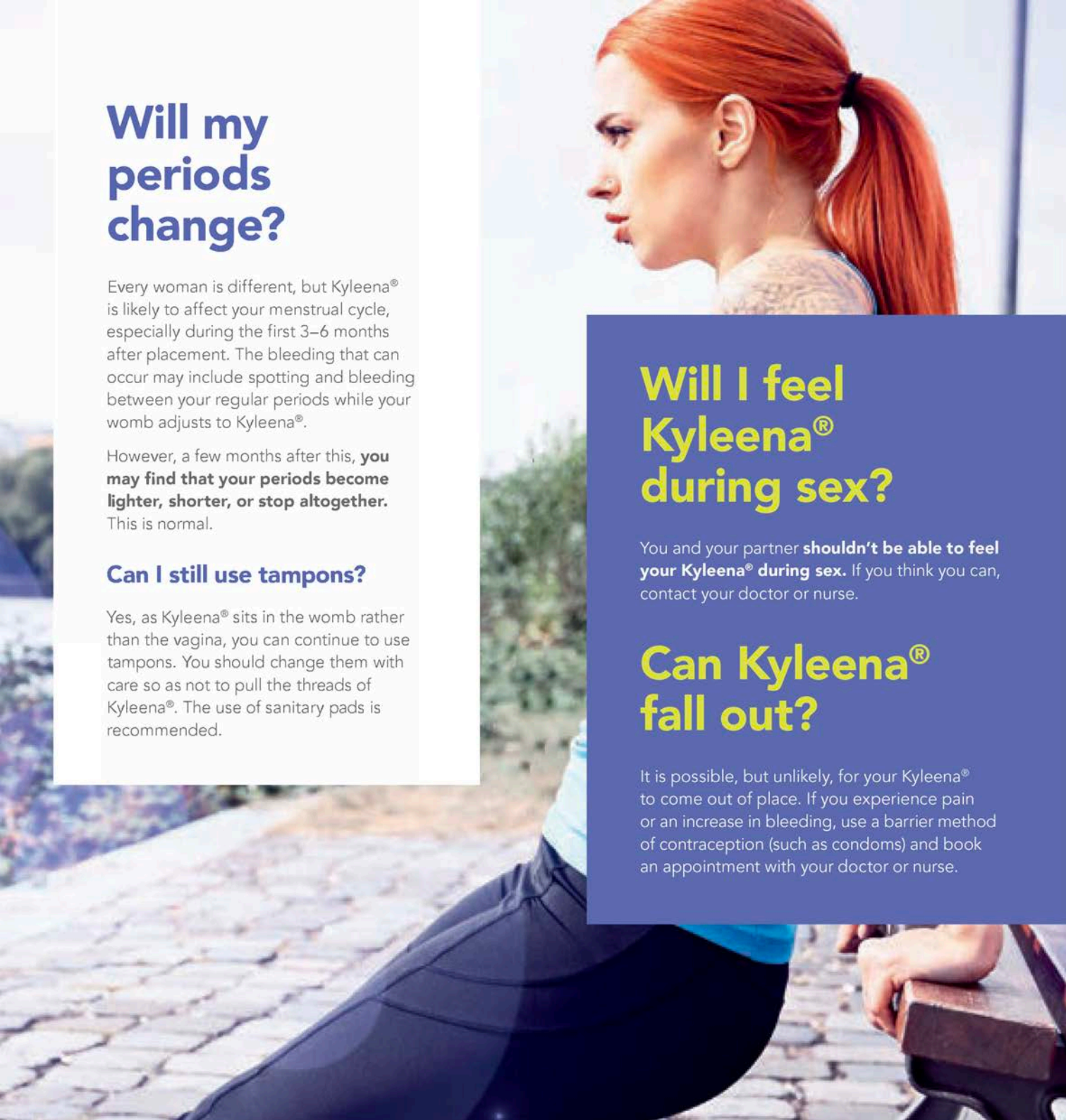
Will my periods change?

Every woman is different, but Kyleena® is likely to affect your menstrual cycle, especially during the first 3–6 months after placement. The bleeding that can occur may include spotting and bleeding between your regular periods while your womb adjusts to Kyleena®.

However, a few months after this, **you may find that your periods become lighter, shorter, or stop altogether.** This is normal.

Can I still use tampons?

Yes, as Kyleena® sits in the womb rather than the vagina, you can continue to use tampons. You should change them with care so as not to pull the threads of Kyleena®. The use of sanitary pads is recommended.



Will I feel Kyleena® during sex?

You and your partner **shouldn't be able to feel your Kyleena® during sex.** If you think you can, contact your doctor or nurse.

Can Kyleena® fall out?

It is possible, but unlikely, for your Kyleena® to come out of place. If you experience pain or an increase in bleeding, use a barrier method of contraception (such as condoms) and book an appointment with your doctor or nurse.

Could I become pregnant using Kyleena®?

Kyleena® is over 99% effective for each year of use so you are unlikely to become pregnant while using it. Some women find that their periods change or stop when they use Kyleena®, so missing your period may not actually mean that you are pregnant.

If you are worried or experience pregnancy symptoms like feeling sick, tired or having tender breasts, then it's best to see your doctor or nurse as soon as possible.

If you do become pregnant while using Kyleena®, there is a chance that the pregnancy could develop outside of the womb; this is known as an ectopic pregnancy. Some typical symptoms of an ectopic pregnancy include:

- a missed period followed by persistent bleeding or pain
- pain in your lower abdomen that's severe or constant
- usual pregnancy symptoms like feeling sick and tired, but you also have bleeding and feel dizzy
- a positive pregnancy test

Can I stop using Kyleena®?

Kyleena® is easy to remove and **you can choose to stop using it at any time.** Talk to your doctor or nurse and they will arrange for it to be removed.

Will Kyleena® affect my fertility?

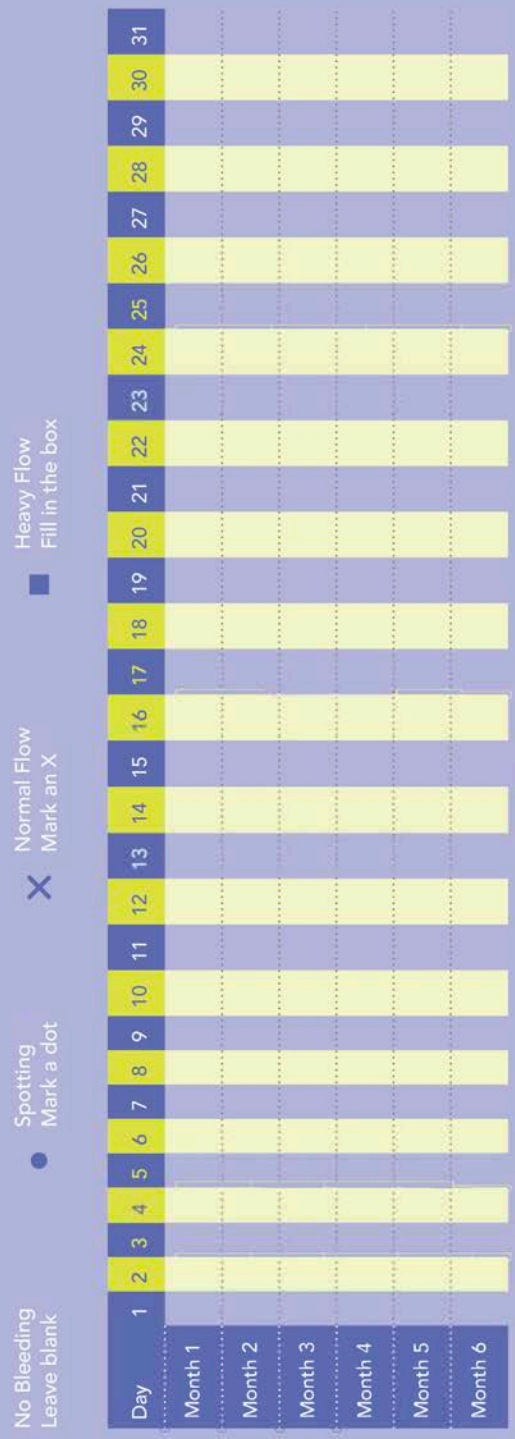
Once Kyleena® is removed, **your fertility will return to its usual level.**

Can Kyleena® cause any side effects?

Similar to other hormonal contraceptives containing progestogen, Kyleena® can cause side effects in some women, such as headache, abdominal/pelvic pain, acne/greasy skin, bleeding changes, ovarian cyst, inflammation of the external genital organs and vagina. Full details of these can be found in the leaflet that comes in the Kyleena® box and this should be given to you by your doctor or nurse. **If you experience any side effects, talk to your doctor, nurse or pharmacist for advice.**

Where can I get more information?

If you have any queries about Kyleena®, speak to your doctor, nurse or pharmacist.

Your menstrual bleeding chart

You can use the bleeding chart on the next page to keep track of changes to your cycle following placement of Kyleena®, including spotting or bleeding that may occur over the next few months.