



August 2024

The Mirena® IUD is now licensed for 8 years for contraception

The Mirena® IUD (Mirena® hormonal “coil”) can now be used for 8-years for women aged under 45 years.

The United Kingdom Medicines Health Regulatory Authority (MHRA) has approved an extension to the Mirena licence from 5 years to **8 years** for contraception. This advice is based on data which shows a low risk of pregnancy, when compared to 5 years of use.

If you are using a Mirena® IUD for contraception alone, and you had it fitted under the age of 45 years; you can now use the device for up to **8 years**. If you had it fitted at age **45 years or over**; you can use the device for contraception until the age of 55 years.

Please see below for answers to some frequently asked questions.



Frequently Asked Questions:

I have a different hormonal IUD; can I use it for 8 years?

- This extended licence currently relates to both the **Mirena® IUD and the Levosert® IUD**.
- There has been no change to the licence for the Benilexa® IUD, however, extended use for up to eight years for contraception is also considered safe.
- You will have been given a leaflet/card with the name of your device after the fitting. Alternatively, you can confirm this with the clinic/service that fitted your device.

I have the 5-year Kyleena® hormonal IUD; can I use it for 8 years?

- No. The Kyleena® must still only be used for up to 5 years.

I have the 3-year Jaydess® hormonal IUD; can I use it for 8 years?

- No. The Jaydess® must still only be used for up to 3 years.

I had my Mirena® IUD fitted when I was 45 years or over; do I have to remove it after 8 years?

- No. The Mirena®, Levosert® and Benilexa® IUDs can be used until menopause or up to age 55 years when fitted at 45 years of age or over.

I am using my Mirena® IUD as part of hormone replacement therapy (HRT), can I keep it for 8 years?

- No. The Mirena® IUD should only be used for up to 5 years when fitted as part of hormone replacement therapy (HRT).

I am using my Mirena® IUD to manage heavy periods; when should I change it?

- If the Mirena® IUD was inserted for gynaecological reasons alone (e.g., heavy periods), in some cases, it may be possible to use the device for up to 8 years, if it is still managing these symptoms. You can discuss this further with your doctor or nurse.