



January 2024

The Mirena® IUD has now been 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 only currently relates specifically to the **Mirena® IUD**.
- 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, if you are unsure.

I have the Levosert® or Benilexa® IUD; can I use it for 8 years?

- No. Currently, these IUDs can be used for up to 6- years.

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® IUD 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 longer than the original licence, if it is still managing these symptoms. It is best to discuss this further with your doctor or nurse.