



## Change to the licences or Mirena Coils

There has been a change to the licence of mirena coils if used for contraception, and it has now been approved to extend the use of the device from five years to eight years. For patients that use the mirena coil for **contraception purposes only**, this means that your coil can now be left in for eight years, and your coil refit date may be extended.

Mirena coils can now be used for the following durations depending on the purpose it is being used for:

| Purpose                            | New guidance                                       |
|------------------------------------|--|
| For Contraception                  | Eight Years (changed from five years)              |
| For Heavy Bleeding                 | Five to Eight years depending on bleeding patterns |
| For HRT                            | Five Years- No change                              |
| Patient aged 45+ years when fitted | Can be used until age 55 if bleeding controlled    |

If a patient is using the mirena coil for HRT purposes, guidance remains the same and it should be replaced after five years of use.

If you are uncertain of when your Mirena renewal date is following these changes please send us an eConsult so we can look into this for you.

Also should any of your symptoms change before your expected renewal date please contact the practice for further advice.