

Is it time to talk to your doctor about heavy periods*?

*Also known as heavy menstrual bleeding (HMB).

Answer the below questions to help you prepare for your doctor's visit.

1. Does your period usually last more than 7 days?

Yes No

2. During your period, do you soak through 1 or more pads or tampons every hour for several hours in a row?

Yes No

3. Does your heavy period interfere with your regular lifestyle?

Yes No

4. Do you need to double up on pads to control your bleeding?

Yes No

5. Do you have to get up during the night to change your pad or tampon?

Yes No

6. Does your period include blood clots that are the size of a quarter or larger?

Yes No

INDICATIONS FOR MIRENA

Mirena[®] (levonorgestrel-releasing intrauterine system) is a hormone-releasing IUD that prevents pregnancy for up to 8 years. Mirena also treats heavy periods for up to 5 years in women who choose intrauterine contraception.

IMPORTANT SAFETY INFORMATION

- If you have a pelvic or genital infection, get infections easily, or have certain cancers, don't use Mirena. Less than 1% of users get a serious pelvic infection called pelvic inflammatory disease (PID).
- If you have persistent pelvic or stomach pain, or excessive bleeding after placement, tell your healthcare provider (HCP). If Mirena comes out, call your HCP and avoid intercourse or use non-hormonal back-up birth control (such as condoms or spermicide). Mirena may go into or through the wall of the uterus and cause other problems.
- Pregnancy while using Mirena is uncommon but can be life threatening and may result in loss of pregnancy or fertility.
- Ovarian cysts may occur but usually disappear.
- Bleeding and spotting may increase in the first 3 to 6 months and remain irregular. Periods over time usually become shorter, lighter, or may stop.

Mirena does not protect against HIV or STIs.

Only you and your HCP can decide if Mirena is right for you. Mirena is available by prescription only.

For important risk and use information, please click [here](#) for Full Prescribing Information.

You are encouraged to report negative side effects or quality complaints of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

