

ICA FOUNDATION

International Contraceptive Access

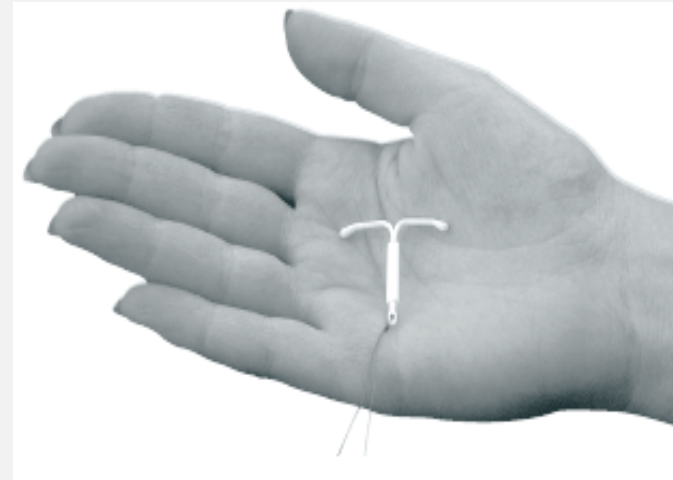
Provider Training Presentation

August 2019



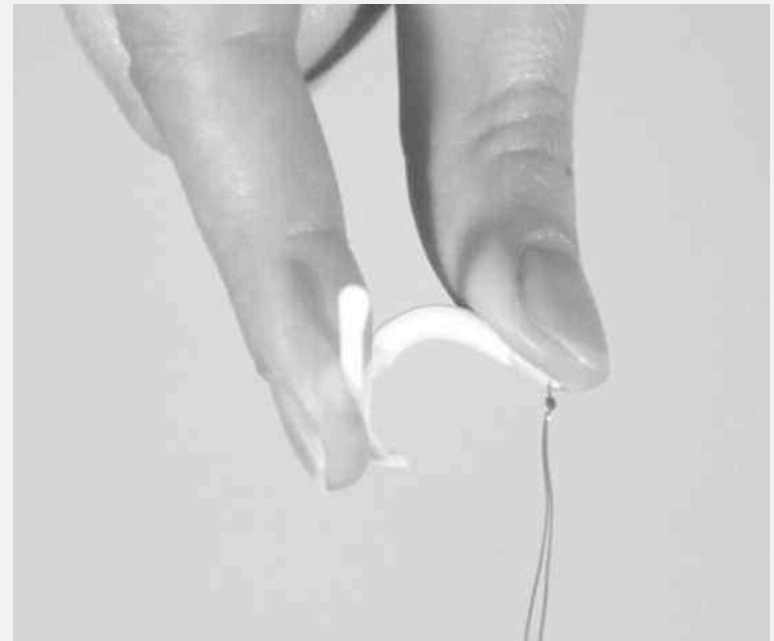
LEVONORGESTREL INTRAUTERINE SYSTEM

- The LNG IUS contraceptive was developed in the 1970s by Population Council and Bayer Oy (formerly Leiras Oy), combining the features of oral contraceptives and IUD
- Product consists of a T-shaped plastic frame and white cylinder shaped hormone reservoir around the vertical arm of the frame, with two nylon threads for removal
- The system contains 52 mg of the hormone levonorgestrel and releases 20µg/24h in the uterus for up to five years of protection



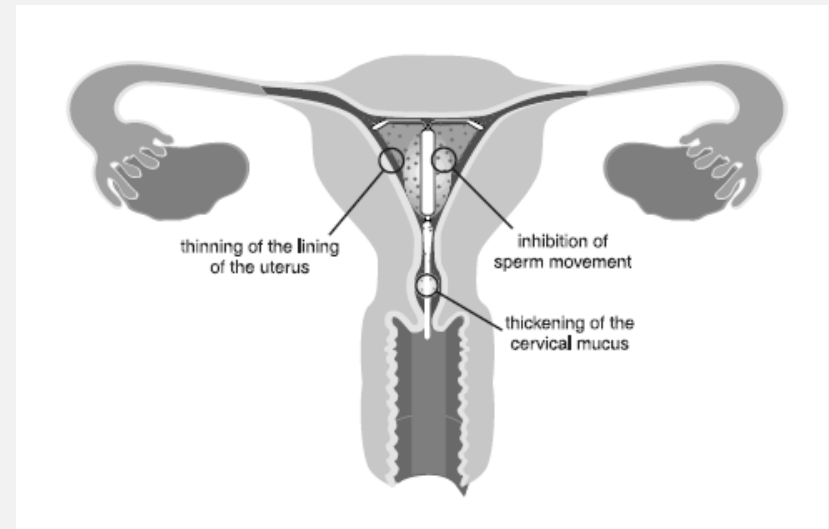
LEVONORGESTREL INTRAUTERINE SYSTEM

- The LNG IUS is made of flexible plastic
- The LNG IUS contains a progestin hormone called levonorgestrel which has been used in birth control pills since the 1970s
- The safety of levonorgestrel has been proven by clinical use also in sub-dermal implants and intrauterine systems since decades

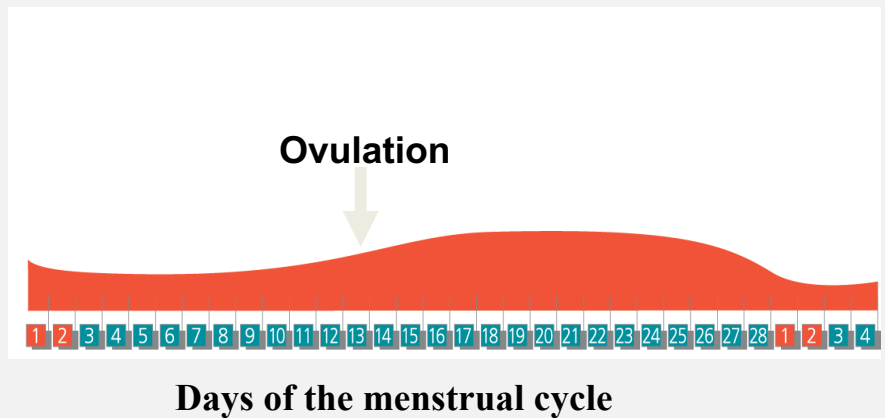
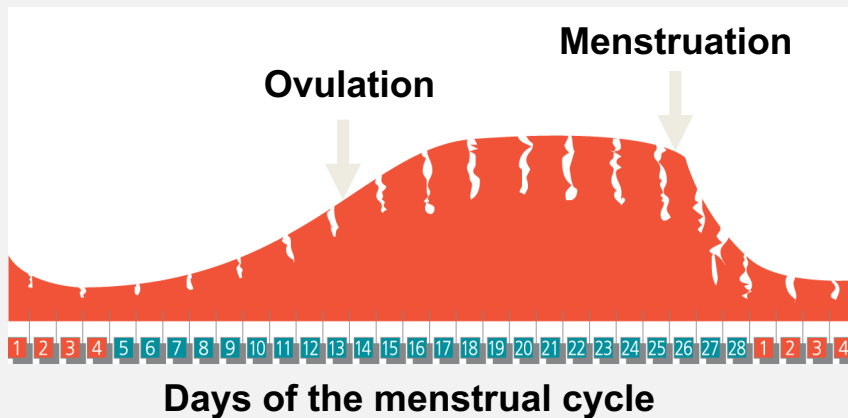
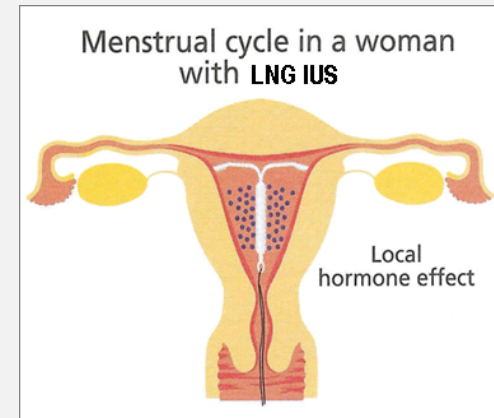
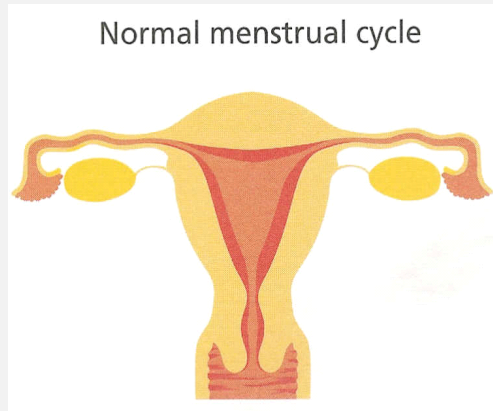


LNG IUS MECHANISMS OF ACTION

- Thickens cervical mucus
- Inhibits sperm function in uterus
- Reduces monthly growth of the lining of the uterus making periods lighter and shorter; there is no evidence that LNG IUS has any impact on implantation
- LNG IUS can also lessen menstrual blood loss in women who have heavy menstrual flow



LNG IUS ENDOMETRIAL EFFECTS

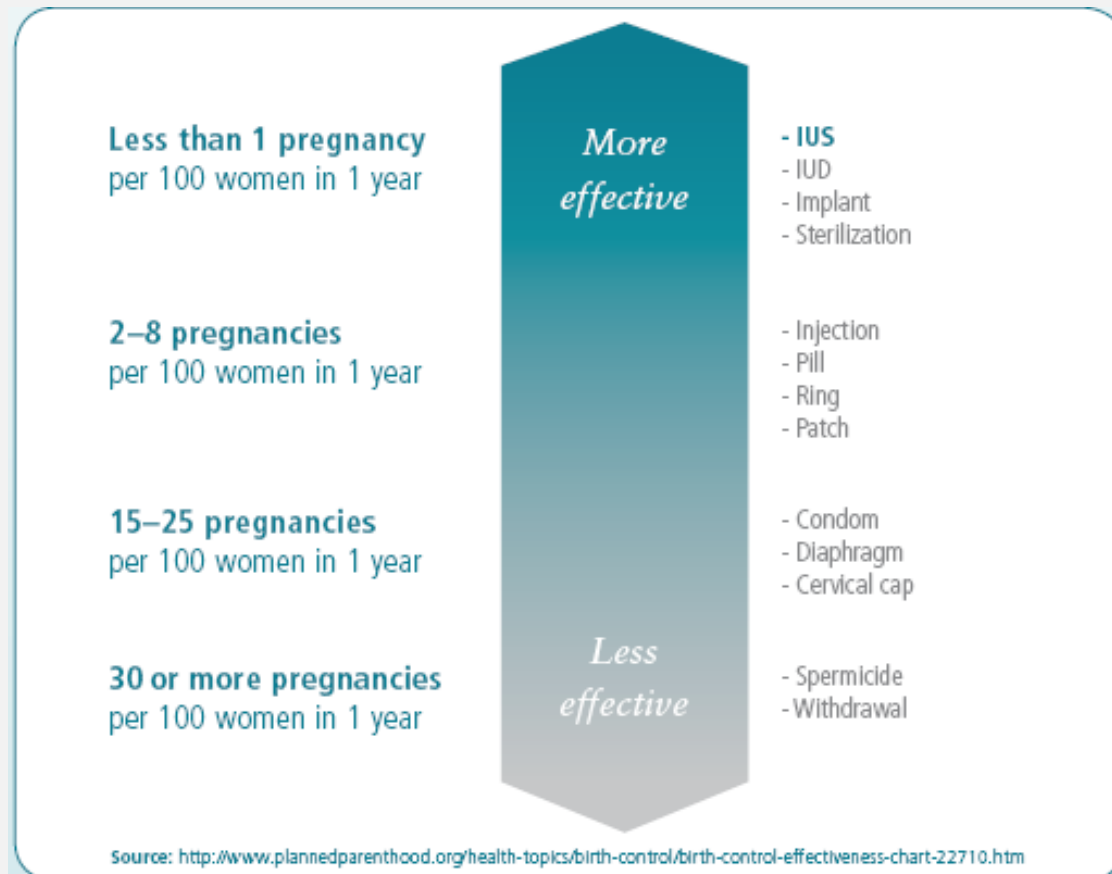


CHARACTERISTICS OF LNG IUS



- Effective rate of unplanned pregnancy ~0.2% at 1 year and less than 1% at 5 years
- High continuation rate: up to 85% at one year
- Significantly reduces menstrual blood loss
- No impact on return to fertility after removal (80% at 1 year)

EFFECTIVENESS OF CONTRACEPTIVE METHODS



Who might use LNG IUS?

A woman might choose LNG IUS if she:

- Wants contraception that provides a provides high reliability in preventing pregnancy
- Wants contraception that is reversible
- Wants a contraceptive method that does not require taking it daily
- Wants treatment for heavy periods and is willing to use a contraceptive method that is placed in the uterus to prevent pregnancy and a Cu-IUD would not be appropriate

Who should not use LNG IUS?

A woman should not use LNG IUS if she:

- Has an untreated pelvic infection now
- Has had a serious pelvic infection in the past 3 months after a pregnancy
- Can get infections easily
- Has or is suspected to have cancer of the uterus or cervix
- Has unexplained bleeding from the vagina
- Has liver disease or liver tumor
- Has or has had breast cancer
- Has a condition of the uterus that changes the shape of the uterine cavity, such as large fibroid tumors

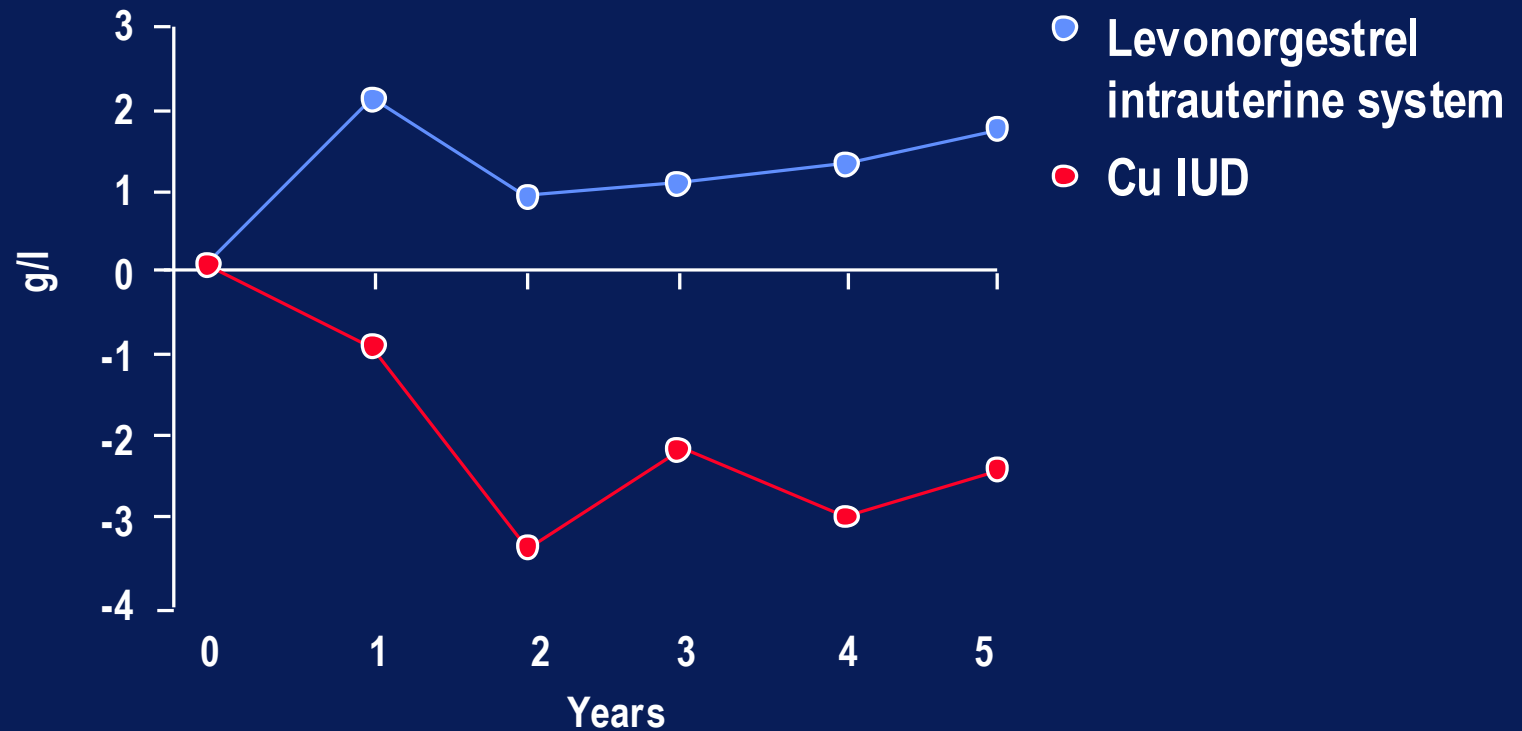
ALTERNATIVE TO STERILIZATION

- Where sterilization services are not available or not acceptable, IUS is as effective as sterilization
(8 vs. 13 failures per 1000 procedures at 5 years)
- Reversibility of LNG IUS reduces risk of regret
- Complementing female sterilization in northern Europe

TREATMENT FOR HEAVY MENSTRUAL BLEEDING

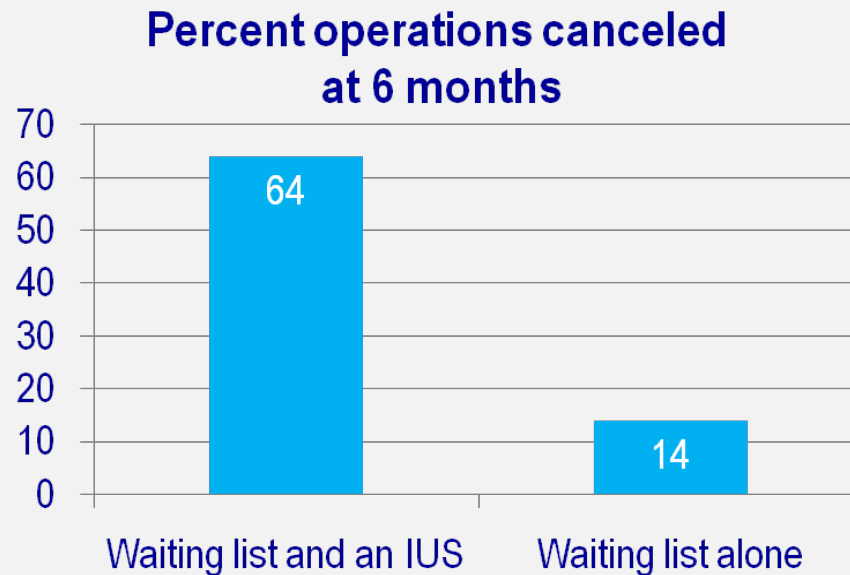
- Use of LNG IUS makes periods lighter, shorter and less painful (and may include dysmenorrhea)
- Over 12 months, blood loss reduced by 80-96% in women with menorrhagia
- Clinical improvement in associated anemia: Hemoglobin levels rise 1.8g/L in one year of use with LNG IUS, compared to a decrease of 1.2g/L with Copper-T.
- Irregular bleeding or spotting common in first 3-6 months; 20% with amenorrhea at 12 months. Sometimes the amenorrhea rate can be higher than 20% e.g. up to 50% at 12 and 24 months of use

Change in hemoglobin during 5 years of use



SUBSTITUTE FOR WOMEN AWAITING HYSTERECTOMY

- LNG IUS is a good therapy for heavy menstrual bleeding among women awaiting a hysterectomy



**COMMONLY ASKED
QUESTIONS FROM WOMEN
ABOUT THE LNG IUS**

What if I need contraception for more than 5 years?

- LNG IUS must be removed after 5 years.
- Your healthcare provider can insert a new LNG IUS during the same office visit if you choose to continue using LNG IUS.

What if I change my mind about birth control and want to become pregnant in less than 5 years?

- Your healthcare provider can remove LNG IUS at any time.
- You may become pregnant as soon as LNG IUS is removed.
- About 8 out of 10 women who want to become pregnant will become pregnant some time in the first year after removal. This is the regular pregnancy rate among women who do not use any contraceptive method.

Will my menstrual periods change with LNG IUS ?

- LNG IUS does affect your menstrual cycles. It can change your periods so that you spotting (a small amount of blood loss), shorter or longer periods, lighter or heavier bleeding, or no bleeding at all.
- Many women have frequent spotting or light bleeding in addition to their periods for the first 3-6 months after they have LNG IUS inserted.
- Overall, you are likely to have a gradual reduction in the number of bleeding days and in the amount of blood lost each month. Some women eventually find that periods stop altogether.
- When the system is removed, periods return to normal.

Can the LNG IUS be used during breastfeeding?

- Yes. LNG IUS can be used during breastfeeding because it is demonstrated that its use does not affect the growth and development of the child.
- The LNG IUS should be inserted at 6 to 8 weeks after delivery
- Additional benefits of the LNG IUS during the post-partum period include the potential minimization of menstrual disturbances during the first months of use.

Can I use tampons with LNG-IUS?

- Yes. LNG IUS is placed inside the uterus, not in the vagina, therefore should not interfere with use of tampons
- However, you should change tampons with care so as not to pull the threads of the LNG IUS

Will LNG IUS interfere with sexual intercourse?

- LNG IUS should not interfere with sexual intercourse
- LNG IUS is placed inside the uterus, not in the vagina
- Sometimes, male partners may feel the threads in the vagina

Can LNG IUS protect me from HIV or STIs (sexually transmitted infections)?

- No. LNG IUS does not protect against HIV or STIs.* If you or your partner might be at risk of getting an STI while using LNG IUS, use a condom

* no hormonal method protects against HIV or STIs

What are the most common side-effects of the LNG IUS?

10+ in every 100 women are likely to experience the following:

- Headache
- Abdominal/ pelvic pain
- Bleeding changes
- Vulvovaginitis (inflammation of the external genital organs or vagina)
- Genital discharge

1 to 10 in every 100 women are likely to experience the following:

- Depression
- Migraine
- Nausea
- Acne
- Hirsutism (excessive body hair)
- Back pain

These side effects are common among OC Pill users as well.

Can the LNG IUS cause an ectopic pregnancy?

- It is very rare to become pregnant while using LNG IUS
- However, if you become pregnant while using LNG IUS, the risk having an ectopic (extra-uterine) pregnancy is relatively increased
- About 1 in a 1000 women correctly using LNG IUS have an ectopic pregnancy per year. This rate is lower than that among women not using any contraception (about 3 to 5 in a 1000 women per year)
- Woman who have already had an extra-uterine pregnancy, pelvic surgery or pelvic infection carry a higher risk of experiencing an ectopic pregnancy

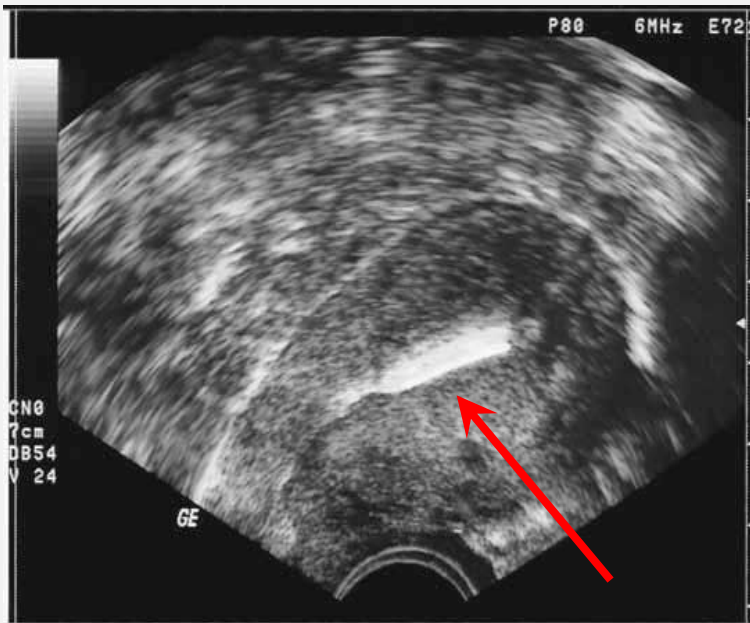
What are the symptoms of an ectopic pregnancy?

- An extrauterine pregnancy is a serious condition calling for immediate medical attention.
- The following symptoms may signify an ectopic pregnancy and you should see your doctor immediately:
 - Your menstrual periods have ceased and then you start having persistent bleeding or pain
 - You have pain in your lower abdomen
 - You have normal signs of pregnancy, experience bleeding and dizziness

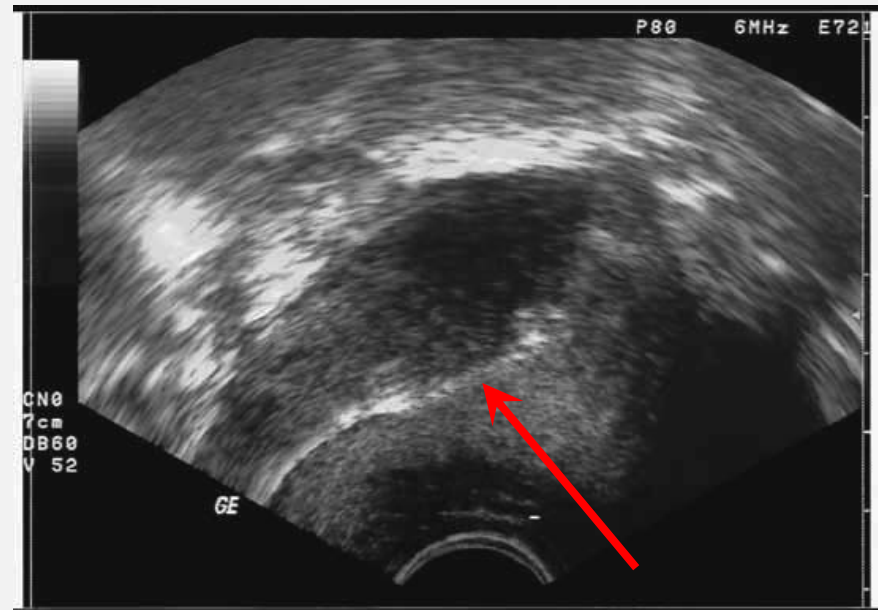
Imaging of the LNG IUS

Transvaginal ultrasound examination

A uterus with Copper IUD *in situ*



A uterus with LNG IUS *in situ*



Imaging of the LNG IUS

X-ray image of the pelvis with
LNG IUS *in situ*



Why training is an important tool in intrauterine contraception?

To be sure that the professionals be competent in IUC insertions:

- Because professionals who inserted few IUDs/LNG IUS presented major probability of uterine perforation
- Training must fulfill two steps:
 - 1) Training in the model: to be familiar with the instruments and the technique of insertion
 - 2) LNG IUS insertion is different from copper IUD and the professional must be confident with the model before insertions to women

Clinical training requirements

- It is desirable at least seven insertions to be competent; however these insertions must be performed under supervision of a experienced trainer
- All of them in women without anesthesia. Otherwise, anesthesia is not necessary to LNG IUS insertions
- Those with previous skill in IUD insertion could reduce the number of insertions

The expulsion rate was of IUD / LNG IUS was higher among non-trained professionals.

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For more information

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