The Intrauterine System (IUS)

	The IUS is a small T-shaped plastic device which slowly releases the hormone progesterone into the womb.
	It is 99% effective.
	 If used for contraceptive purposes: Mirena can stay in for 8 years. Kyleena can stay in for 5 years. Jaydess can stay in for 3 years.
	<u>Side Effects</u> Irregular bleeding or spotting is common in the first six months.
e ndeliege	Periods may stop altogether. Some women report having acne, headaches and breast tenderness.
	Other Comments
	It requires a small procedure to put in and take out the coil.
	Not affected by other medicines.