INFORMATION FOR PATIENTS

INFORMATION À L’INTENTION DE LA PATIENTE

Who should not use Mona Lisa® 10?
- think you might be pregnant
- have a history of a sexually transmitted infection
- have or suspect you have a sexually transmitted infection
- have or had in the last three months a pelvic infection called pelvic inflammatory disease (PID) or have a current behavior that puts you at high risk of PID (for example, you have sex with many men, you are under 25 years of age, you are a current smoker, you are infected with HIV or diabetes, you have had more than one male sexual partner in the last 3 months)
- have a cancer of the cervix or ovary
- have unexplained bleeding from your vagina
- have an infection in your cervix
- have Wilson’s disease
- are allergic to copper

How will Mona Lisa® 10 be placed into the uterus?
- Your doctor can insert the Mona Lisa® 10 during an office visit. Mona Lisa® 10 will be inserted during your period (usually during the last 4 to 10 days) or immediately after delivery. Your doctor will examine you to determine the position of your uterus. After disinfecting your cervix and vagina, your doctor will abstain the depth of your uterus. Then a thin plastic tube containing Mona Lisa® 10 will be inserted into your uterus. The thread is trimmed so that they are just long enough for you to feel their presence when discharging a stool to obtain the epidural is properly positioned. When Mona Lisa® 10 is being inserted you may feel a pulling or pricking. Some women feel faint, nauseated, or dizzy for few minutes after the insertion. Your doctor may ask you to lie down for a while and to get up slowly.

What if I become pregnant while using Mona Lisa® 10?
- If your doctor can feel the threads or you can feel more of the Mona Lisa® 10 than normal, call your doctor immediately. This suggests that your Mona Lisa® 10 is not in the uterus or it is incorrectly positioned which would increase your chances of getting pregnant. It is recommended that you use an additional birth control method until you have your doctor. It is good practice to check that Mona Lisa® 10 is in place once a month. You may use tampons if you are using Mona Lisa® 10.

If you are pregnant but you are using Mona Lisa® 10, show your doctor to rule out the possibility of infection or improper positioning of the IUD.

What might be some of the risks associated with the insertion of Mona Lisa® 10?
- Wide-ranging international studies confirm that copper IUDs are not only highly effective in preventing pregnancy for up to ten years, after this period your level of fertility will return to the way it was prior to using Mona Lisa® 10.
- The manufacturer of Mona Lisa® 10 meets recognized standards in terms of quality and identity.

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Mona Lisa® 10 (Intrauterine Contraceptive Device) is used to prevent pregnancy. It does not protect against HIV infection (AIDS) and other sexually transmitted infections.

This leaflet is written for your information and will answer some of your questions. If you have additional questions please consult your doctor.

Please note the date of insertion of Mona Lisa® 10 on the card provided and keep it in a safe place for future reference.

What is intrauterine contraception?

There are different types of intrauterine contraceptive devices (IUDs). Widening international studies confirm that copper IUDs are not only safe but also effective over long periods. Intrauterine contraception works by inserting an IUD in the uterus, the characteristics of the IUD oppose the onset of pregnancy. However, like all contraceptive methods, intrauterine contraception does not provide absolute protection and there is a very small delay in your period you must consult your doctor.

What is Mona Lisa® 10?

Mona Lisa® 10 is a copper releasing IUD that is placed in your uterus to prevent pregnancy for up to ten years. The Mona Lisa® 10 will be inserted after giving birth. You may have to wait 6 weeks or in the case of a caesarean section, the insertion should be delayed 12 weeks after delivery.

How long can I keep Mona Lisa® 10 in place?

You can keep Mona Lisa® 10 in place for up to 10 years. After this period your fertility will return to the way it was prior to using Mona Lisa® 10. Mona Lisa® 10 is a highly effective contraceptive method. The first three cycles following insertion are usually different from your normal cycles. Menstrual bleeding can be heavier, your periods may last longer and you may experience spotting between periods. These menstrual changes usually diminish and disappear after 2-3 months. However, if your menstrual flow continues to be heavy or unusually long, or spotting continues, contact your doctor.

What side effects can I expect from Mona Lisa® 10?
- Side effects of intrauterine device, including Mona Lisa® 10, are not common but include the following:
  - Menstrual changes: The most common side effects of Mona Lisa® 10 are heavier menstrual bleeding and periods of longer duration than normal, and more painful periods. You may also experience spotting between periods. These menstrual changes usually diminish and disappear after 2-3 months. However, if your menstrual flow continues to be heavy or unusually long, or spotting continues, contact your doctor.
  - Abdominal Pain: Pain in the lower abdomen or sacral area may occur initially after insertion but usually subsides with time or with analgesic treatment. Pain may be a physiological response to the presence of the IUD, but if the pain persists contact your doctor to rule out the possibility of infection or improper positioning of the IUD.
  - Genital tract infection / PID: During the first month after insertion there may be a small risk of a genital tract infection. There may be a risk of PID (Pelvic Inflammatory Disease), which is an infection that affects the uterus, fallopian tubes and nearby organs. PID is most likely to occur in the first 20 days after insertion of Mona Lisa® 10. Exposure to sexually transmitted infections (STIs), and not the use of IUD itself, is responsible for PID occurring after the first month of use. The incidence of PID among intrauterine device users is less than 2 episodes per 1000 women per year. PID is treated with antibiotics, but if left untreated, PID can cause serious problems such as infertility. Contact your doctor if you have abdominal or pelvic pain, partial or total loss of menstrual flow, abnormal or unusual vaginal discharge, cramps, heavy bleeding, or fever.

What if I become pregnant while using Mona Lisa® 10?
- If you think you are pregnant, contact your doctor immediately. Your doctor will discuss possible options that are best suited for you. If you decide to continue with the pregnancy, the Mona Lisa® 10 should be removed or fixed:
  - When should I call my doctor?
    - You should contact your doctor if you:
      - have had fever or discomfort in the IUD
      - you or your partner are able to feel the lower end of the IUD
      - you think your pregnancy is.