INFORMATION FOR PATIENTS

Mona Lisa ® N

Are you looking for a reversible form of long-term birth control? When you have it inserted into your uterus, you have a highly effective method of contraception.

What is Mona Lisa® N?

Mona Lisa ® N is a copper releasing intrauterine contraceptive device (IUD). Mona Lisa ® N's copper is released slowly over a 3 year period, providing a totally effective form of contraception. Mona Lisa ® N is not a form of sterilization. If you decide to stop using your Mona Lisa ® N, it can be easily removed. Once it is removed, you can start using any other method of contraception.

Wide-ranging international studies confirm that copper IUDs are not only safe but also effective over long periods. Intrauterine contraception works by preventing sperm from reaching the egg. The copper in the device causes changes to the cervix and the lining of the womb, which prevent the sperm from getting to the egg. If the sperm reach the egg, they will not unite with it and the pregnancy is prevented.

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What is Mona Lisa® N?

Mona Lisa ® N is a copper releasing IUD that is placed in your uterus to prevent pregnancy for up to 3 years. The IUD is inserted in a clinic by a health professional.

The IUD is a thin, T-shaped frame made of polyethylene and barium sulphate. The threads extend from the back end of the IUD into your vagina. You can feel the threads with your fingers when Mona Lisa ® N is in your uterus.

It is good practice to check that Mona Lisa ® N is in place once a month. To do this, you can use a mirror to check that the IUD is still in your uterus. You can feel a slight resistance when you touch the threads with your fingers. It is also a good idea to make sure that your Mona Lisa ® N is in place a month after insertion. You can use tampons when you are using Mona Lisa ® N.

Who should not use Mona Lisa® N?

You should not use Mona Lisa ® N if you:

• think you might be pregnant

• have a severe allergic reaction to copper

• 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 behaviour that puts you at risk of PID for example, because you have sex with several men or your partner has many sex partners

• have had an IUD inserted in your uterus after a pregnancy or abortion in the past 3 months

• have a cancer of the uterus or cervix

• have unexplained bleeding from your vagina

• have an infection in your cervix

• have Wilson’s disease

• are allergic to copper

How will Mona Lisa® N be placed into the uterus?

Your doctor will insert Mona Lisa ® N during an office visit. Mona Lisa ® N will be inserted into your uterus during the last 7 days of your period or immediately after your period. Your doctor will examine you to determine the position of your uterus. After disinfecting your cervix and vagina, your doctor will insert the IUD into your uterus. The IUD is not visible and cannot be felt from outside your body.

Fixing the cervix with your fingers, you doctor will insert Mona Lisa ® N into your uterus. The IUD is then positioned. When Mona Lisa ® N is being inserted you may feel cramping and pain.

The thread is trimmed so that they are just long enough for you to feel with your fingers when doing a self check to ensure the IUD is properly positioned. When Mona Lisa ® N is being inserted you may feel cramping and pain. Some women feel faint, nauseated, or dizzy for a few minutes after the insertion. Your doctor may ask you to lie down for a while and to get up slowly.

Low sensitivity and fertility.

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

You can keep Mona Lisa ® N in place for up to 3 years. After the period of time you should ask your doctor to remove your Mona Lisa ® N. If you require continued protection from pregnancy, you may ask your doctor to insert a new Mona Lisa ® N during the same visit.

What if I change my mind and want to become pregnant?

Your doctor can remove the Mona Lisa ® N at any time. After discontinuation of Mona Lisa ® N, your fertility period will return to the way it was prior to using Mona Lisa ® N.

How does Mona Lisa® N N work?

Copper IUDs, including Mona Lisa ® N, prevent fertilization by acting on the motility and normal function of the sperm. Mona Lisa ® N does not affect ovulation.

What might be some of the risks associated with the insertion of Mona Lisa® N?

In rare cases certain women, in particular women who have never given birth, are more susceptible to fainting because of their pulse and other neurovascular episodes during and immediately after insertion or removal of an intrauterine device.

Perforation: In rare cases, Mona Lisa ® N can get trapped in the wall of your uterus during insertion. This complication occurs at a rate of 0.7 to 1.6 per 100 000 insertions. If Mona Lisa ® N perforates the uterus, it should be removed.

Expulsion: Mona Lisa ® N may partly or completely fall out of your uterus. Expulsion of any intrauterine device is most common in the first year of use. The expulsion rate is often either in women who have never been pregnant, in women who have the IUD inserted immediately after giving birth and in women who have a previous expulsion of an intrauterine device. If you think the Mona Lisa ® N has been partially or completely taken out of your uterus, you should contact your doctor immediately.

Can I have Mona Lisa® N N inserted right after giving birth?

Your doctor will discuss the appropriate time for you to have Mona Lisa ® N inserted after giving birth. You may have to wait 6 weeks or in the case of a cesarean section up to 3 months after delivery. The IUD should be delayed 12 weeks after delivery.

How do I check that Mona Lisa® N is in my uterus?

It is recommended that you visit your doctor for a check-up one month after the IUD was inserted to make sure the IUD is still in your uterus and is positioned correctly. An usual visit is recommended thereafter. You should also check to make sure that the Mona Lisa ® N is still in your uterus by reaching up to the top of your vagina, while in a squatting position, with clean fingers to feel the threads. Do not pull on the threads. If you can not feel the threads or you can feel more of the Mona Lisa ® N than just the threads, contact your doctor immediately. This suggests that your Mona Lisa ® N is not in the uterus or 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 seen your doctor.

It is good practice to check that Mona Lisa ® N is in place a month after insertion. You may use tampons when you are using Mona Lisa ® N.

What will happen during my first menstrual cycles after the insertion of Mona Lisa® N?

The first three cycles following insertion are usually different from your normal cycles. Menstruation can be heavier, your periods may last longer and you may experience spotting in 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 if spotting continues, contact your doctor.

What side effects can I expect from Mona Lisa® N?

Side effects of intrauterine devices, including Mona Lisa ® N, are not common but include the following:

• Menstrual changes: The most common side effects of Mona Lisa ® N 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 if 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 vaginal 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 device.

• 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 ® N. Exposure to sexually transmitted infections (STIs) and the use of IUD itself, is responsible for PID occurring after the first month of use. The incidence of PID among intrauterine device users per 1000 years of use, is similar to that of the general population. PID is treated with antibiotics, but if untreated PID can cause serious problems such as infertility. Contact your doctor if you have abdominal or genital pain, parasternal, or pelvic pain, unusual or bad smelling vaginal discharge, fever, heat, bleeding or irregular periods.

• Expulsion: Mona Lisa ® N may partly or completely fall out of your uterus. Expulsion of any intrauterine device is most common in the first year of use. The expulsion rate is often either in women who have never been pregnant, in women who have the IUD inserted immediately after giving birth and in women who have a previous expulsion of an intrauterine device. If you think the Mona Lisa ® N has been partially or completely taken out of your uterus, you should contact your doctor immediately. This suggests that your Mona Lisa ® N is not in the uterus or 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 seen your doctor.

• 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 ® N should be removed.

What if I become pregnant while using Mona Lisa® N?

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 ® N should be removed.

When should I call my doctor?

You should contact your doctor if:

• you cannot feel the threads of the IUD

• you or your partner are able to feel the lower end of the IUD

• you think you have become pregnant

• you experience abnormal pain, fever or unusual vaginal discharge

• you experience abnormal bleeding, discharge or discomfort during sexual intercourse

• you experience a sudden change in your periods

• you wish to have the IUD removed and / or want to become pregnant.

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