INFORMATION FOR PATIENTS

Mona Lisa® 5 Standard / Mini (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 record the date of insertion of Mona Lisa® 5 Standard / Mini 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). Wide-ranging 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, intra-uterine contraception does not provide absolute protection and if there is any delay in your period you must consult your doctor.

What is Mona Lisa® 5 Standard / Mini?

Mona Lisa® 5 Standard / Mini is a copper releasing IUD that is placed in your uterus to prevent pregnancy for up to five years.

The Mona Lisa® 5 Standard / Mini Intrauterine Device (IUD) is a T-shaped frame made of polyethylene and barium sulphate. The vertical stem and the arms of the “T” are approximately 3 cm in length. The vertical stem is wound with copper wire. Nylon thread is attached to the lower end of the vertical stem. You can feel the threads with your fingers when Mona Lisa® 5 Standard / Mini is in your uterus.

The manufacturer of Mona Lisa® 5 Standard / Mini meets recognized standards in terms of quality and sterility.

How does Mona Lisa® 5 Standard / Mini work?

Copper IUDs, including Mona Lisa® 5 Standard / Mini, prevent fertilization by acting on the motility and normal function of the sperm. Mona Lisa® 5 Standard / Mini does not affect ovulation.

What might be some of the risks associated with the insertion of Mona Lisa® 5 Standard / Mini?

• In rare cases certain women, in particular women who have never given birth, are more susceptible to fainting, a slowing of their pulse and other neuropsychological episodes during and immediately after insertion or removal of an intrauterine device.
• Perforation: In rare cases, Mona Lisa® 5 Standard / Mini can penetrate the wall of your uterus during insertion. This rare complication occurs at a rate of 0.7 to 1.6 per 1000 insertions. If Mona Lisa® 5 Standard / Mini perforates the uterus, it should be removed.
• Expulsion: Mona Lisa® 5 Standard / Mini may partially or completely fall out of your uterus. Expulsion of any intrauterine device is most common in the first year of use. The expulsion rates are often higher in women who have never been pregnant, in women who have the IUD inserted immediately after giving birth and in women who have had a previous expulsion of an intrauterine device. If you think the Mona Lisa® 5 Standard / Mini has been partially or completely fallen out, use an additional form of birth control, such as a condom, and call your doctor.

Can I have Mona Lisa® 5 Standard / Mini inserted right after giving birth?

Your doctor will discuss the appropriate time for you to have Mona Lisa® 5 Standard / Mini 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 do I check that Mona Lisa® 5 Standard / Mini is in my uterus?

It is recommended that you visit your doctor for a check-up one month after the Mona Lisa® 5 Standard / Mini was inserted to make sure the IUD is still in your uterus and is positioned correctly. An annual visit is recommended thereafter.
You should check to make sure that the Mona Lisa® 5 Standard / Mini 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® 5 Standard / Mini than just the threads, consult your doctor immediately. This suggests that your Mona Lisa® 5 Standard / Mini 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 a good practice to check that Mona Lisa® 5 Standard / Mini is in place once a month.

You may use tampons when you are using Mona Lisa® 5 Standard / Mini.

What will happen during my first menstrual cycles after the insertion of Mona Lisa® 5 Standard / Mini?
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 spotting continues, contact your doctor.

What side effects can I expect from Mona Lisa® 5 Standard / Mini?
Side effects of intrauterine devices, including Mona Lisa® 5 Standard / Mini, are not common but include the following:

- **Menstrual changes**: The most common side effects of Mona Lisa® 5 Standard / Mini 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 pelvic area may occur initially after insertion but usually subsides with time or with analgesic treatment.
- **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® 5 Standard / Mini. 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 years of use, which is similar to that of the general population. 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, painful sex, unusual or bad smelling vaginal discharge, chills, heavy bleeding, or fever.

What if I become pregnant while using Mona Lisa® 5 Standard / Mini?
If 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® 5 Standard / Mini should be removed if possible.

When should I call my doctor?
You should contact your doctor if:
- you can not feel the threads of the IUD,
- you or your partner are able to feel the lower end of the IUD,
- you think you are pregnant,
- you experience abdominal pain, fever or unusual vaginal discharge,
- you or your partner feel pain 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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**Mona Lisa® 5 Standard** (NT Cu380)
**Mona Lisa® 5 Mini** (NT Cu380 Mini)

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