

February 2024

There is new evidence that some intrauterine devices (coils) can work for longer than was previously thought.

**You may not need your IUD changed on the date that you were told when it was fitted.**

Please check the table below and call 0345 337 9900 if you have any queries.

Mirena – for contraception	8 years or until age 55 if fitted after 45 <sup>th</sup> birthday
Mirena/ Levosert/ Benilexa - as part of HRT	5 years
Mirena - just for heavy periods	Keep for as long as it is working - remove age 55
Levosert/Benilexa	6 years for contraception (please call the clinic to discuss)
Kyleena	5 years
Jaydess	3 years
Copper IUD	5 to 10 years depending on which type you have - check your card or call the clinic. Can work until the menopause if fitted after 40 <sup>th</sup> birthday. Remove 1 to 2 years after final period.