

HORMONAL IUDs AVAILABLE IN AUSTRALIA COMPARISON CHART

FOR PRESCRIBERS AND IUD INSERTERS



Care
Education
Advocacy

	Kyleena 19.5 mg LNG IUD	Mirena 52 mg LNG IUD
Cost	PBS Private:≈\$170	PBS Private:≈\$213
Indications	<ul style="list-style-type: none"> Contraception 	<ul style="list-style-type: none"> Contraception Heavy menstrual bleeding Endometrial protection for users of menopausal hormone therapy (MHT)
Duration of use	5 years	5 years If aged 45 years or older at the time of insertion for contraception or menstrual control can be left in until 55 years of age. ¹
Use as part of MHT	No	Yes. Must be replaced every 5 years
Efficacy at preventing pregnancy	99.7% ²	99.9% ³
Ectopic rate	If pregnancy occurs ectopic rate is around 50%. ^{2,3}	
Systemic exposure to LNG at 90 days ⁴	≈140 Ng/L	≈280 Ng/L
Physical imaging	Both detectable by: <ul style="list-style-type: none"> ultrasound if in the uterine cavity X-Ray if in the uterine or abdominal cavity 	
Distinguishing radiological characteristics	Silver ring on stem beneath horizontal arms	Nil
Thread	Blue	Dark brown
Dimensions (mm)		
Tube width (mm)	3.8	4.4
Device width (mm)	28	32
Length	30	32
Insertion ⁵	In a non-blinded randomised trial using a wider Mirena inserter (diameter 4.75 mm compared to 4.4. mm for current device) the majority of insertions for both groups were rated as easy by practitioners. Pain with insertion rated as none or mild by the majority of users.	
Ease of insertion		
Easy	93.5%	86.2%
Slightly difficult	5.7%	12.2%
Very difficult	0.8%	1.6%
Pain with insertion		
None	26.5%	17.3%
Mild	45.7%	40.6%
Moderate	24.1%	35.4%
Severe	3.7%	6.7%

Bleeding patterns in general population ⁵	Increased bleeding and spotting days in first 6 months of use with both IUDs. Fewer than a total of 4 bleeding or spotting days/month by 3 years of use. Slightly fewer bleeding and spotting days/month with Mirena.	
Amenorrhoea ^{a,6}	12.3 % at 1 year 23 % at 5 years	18.6% at 1 year 30-40% at 5 years
Other patterns at 1 year of use ⁶	Troublesome bleeding an uncommon cause for discontinuation ⁵	
Infrequent bleeding ^b	26.3 %	30.6 %
Irregular bleeding ^c	16.5%	6.1 %
Prolonged bleeding ^d	5.8	5.0
Frequent bleeding ^e	4.2	5.2
Users with heavy menstrual bleeding	Not specifically studied in this population	Bleeding reduction of around 85% ⁷
Dysmenorrhea in general population	In a study the baseline number of people with no dysmenorrhoea at the start of the study was 50%. This improved to 80% in users of both IUDs at 3 years. ⁵	
Users with dysmenorrhoea	Not studied	Dysmenorrhoea rates reduced in those with primary dysmenorrhoea, endometriosis and adenomyosis related dysmenorrhoea ⁸⁻¹⁰
Endometriosis	Not studied	Reduction in symptoms and severity grading ^{11, 12}
Adenomyosis	Not studied	Reduction in symptoms and severity grading ¹³
Hormonal side effects	There is insufficient evidence to indicate whether lower systemic LNG exposure of Kyleena is associated with fewer hormonal side effects.	
Ovarian cysts ⁵	Ultrasound detected cysts are more likely with both IUDs, more so with Mirena. There is no evidence of users having a higher need of requiring management of ovarian cysts.	
Interactions with liver enzyme inducing medications ¹⁴	Nil	

Abbreviations:

LNG-IUD=levonorgestrel intrauterine device

PBS=Pharmaceutical Benefits Scheme

MHT=menopausal hormone therapy

Notes:

Over a 90 day reference period:

a. No bleeding or spotting

b. 1 or 2 bleeding/spotting episodes

c. 3-5 bleeding/spotting episodes & <3 bleeding/spotting-free intervals of 14 days

d. Bleeding/spotting episodes lasting >14 days

e. >5 bleedong/spotting episodes

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