

# Daily Diary

Use this simple daily diary to keep track of what's going on with your periods. Remember to take it with you to your next appointment with your healthcare provider. Also remember that if you do not have a period for 6 weeks after having Mirena placed, contact your healthcare provider to rule out pregnancy.



Put an "X" on your placement date. Then each day write the number that best represents your bleeding:

- 0 – No bleeding.**
- 1 – Spotting:** less than your normal period, no sanitary protection needed.
- 2 – Light:** less than your normal period, but requires sanitary protection (panty liners).
- 3 – Normal:** the usual amount of bleeding during your period.
- 4 – Heavy:** more bleeding than your normal period.

Sample:

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Month 1					x	0	0	0	0	0	0	0	1	1	0	0	0	0	0	3	3	3	3	0	0	0	1	1	0	0	0

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Month 1																															
Month 2																															
Month 3																															
Month 4																															
Month 5																															
Month 6																															

For the first 3 to 6 months, your monthly period may become irregular. You may also have frequent spotting or light bleeding. A few women have heavy bleeding during this time. Call your healthcare provider if the bleeding remains heavier than usual. After your body adjusts, the number of bleeding days is likely to decrease, but may remain irregular, and you may even find that your periods stop altogether for as long as Mirena is in place.

In some women with heavy bleeding, the total blood loss per cycle progressively decreases with continued use. The number of spotting and bleeding days may initially increase but then typically decreases in the months that follow. Call your healthcare provider if the bleeding becomes heavy after it has been light for a while.

By one year, about 1 out of 5 users may have no period at all. Your periods will return once Mirena is removed. If you do not have a period within 6 weeks of Mirena use, contact your healthcare provider to rule out pregnancy.

## Indications & Usage

Mirena (levonorgestrel-releasing intrauterine system) is a hormone-releasing system placed in your uterus to prevent pregnancy for as long as you want for up to 5 years. Mirena also treats heavy periods in women who choose intrauterine contraception.

## Important Safety Information About Mirena

Only you and your healthcare provider can decide if Mirena is right for you. Mirena is recommended for women who have had a child.

- Don't use Mirena if you have a pelvic infection, get infections easily or have certain cancers. Less than 1% of users get a serious infection called pelvic inflammatory disease. If you have persistent pelvic or abdominal pain, see your healthcare provider.
- Mirena may attach to or go through the wall of the uterus and cause other problems. If Mirena comes out, use back-up birth control and call your healthcare provider.
- Although uncommon, pregnancy while using Mirena can be life threatening and may result in loss of pregnancy or fertility.
- Ovarian cysts may occur and usually disappear.
- Bleeding and spotting may increase in the first few months and continue to be irregular. Periods over time may become shorter, lighter or even stop.

*Mirena does not protect against HIV or STDs.*

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

**Please [click here](#) to view and print the Full Prescribing Information.**