

Patient Teaching: Liletta®

Date of placement:

As a reminder, you had a **Liletta®** IUD placed after you gave birth. This IUD will provide birth control for up to **5 years**. Here are some answers to common questions asked after placement:

- There is a risk the IUD will fall out before your next visit. If this happens, you must use another form of birth control if you have sex because you will be at risk of getting pregnant.
- If your IUD falls out, your provider (doctor, midwife, nurse practitioner) can place a new IUD free of charge. Please call your provider if your IUD does come out or if you have any concerns or questions about your IUD.
- Some women may feel discomfort from the IUD strings. As the uterus shrinks after giving birth, the IUD strings may become longer and start to come out of the vagina. This can be uncomfortable. Your provider can trim your IUD strings at your next visit. If you would like your IUD strings trimmed before then, call your provider.
- The **Liletta®** is a hormonal IUD. That means you can have some side effects from the hormone being released by the IUD. These side effects may include:
 - Headaches
 - Nausea
 - Tender breasts not linked to breast changes after giving birth or breastfeeding
 - Mood changes or depression
 - Ovarian cyst formation. This can be felt as low stomach discomfort on the left or right side.
- Once your vaginal bleeding stops after giving birth, you may have a small amount of spotting for up to 6 months. The spotting should decrease over time. For some women, menstrual bleeding decreases.
- The IUD and/or strings do not get in the way of sexual intercourse or daily activities.
- The implant should not affect breastfeeding in a healthy mom and baby. For breastfeeding women, feed your baby often on demand (8 to 12 times a day). Avoid supplementing with formula unless instructed by your baby's doctor. If your milk supply seems low, ask to speak to a lactation consultant.
- The **Liletta®** IUD does not protect against sexually transmitted infections (diseases) like gonorrhea, chlamydia, hepatitis, or HIV. You must also use condoms to protect yourself from getting one of these infections.
- When you want to become pregnant again OR if you want to stop using the IUD, you can have it removed at any time.

Please contact your provider with any questions, concerning symptoms, or to schedule a visit to be seen.

DISCLAIMER: The authors of this patient education document used reasonable efforts to provide accurate information. The information and resources included in this document are provided for information only and should be adapted to your patient population. Further, the authors do not endorse any commercial products referred to in this document.

