

Fact Sheet - Chinese

釋放激素的宮內節育器 (Mirena®)

The Hormone Releasing IUD (Mirena®)



什麼是釋放激素的宮內節育器？

在澳洲，釋放激素的宮內節育器只有一種，稱為Mirena®。它是一個“T”型的小塑料裝置，在桿部含有左炔諾孕酮。節育器放置在子宮內，以防止懷孕。它帶有一條細小的的尼龍線，當宮內節育器放置到位時，尼龍線就會伸出來，穿過子宮頸（子宮的末端）進入陰道。釋放激素的宮內節育器可放置在子宮內長達五年的時間。



釋放激素的宮內節育器如何起作用？

激素使子宮頸粘液變厚，這樣精子就不能進入子宮，它也使子宮內膜變薄。它有時也可以阻止卵巢釋放卵子。

釋放激素的宮內節育器效果如何？

釋放激素的宮內節育器是一種非常有效的避孕方法（99.8%的有效率）。這意味著，在每一百名使用這種避孕方法的女性中，不到一人在一年內會懷孕。

哪些人可以使用釋放激素的宮內節育器？

大多數女性都可以使用這種宮內節育器，其中包括以前沒有生過小孩的婦女，以及正在用母乳餵養的婦女，但是請向您的醫生諮詢，了解它是否適合於您。對於經血較多的婦女，這個方法也比較有用，因為它往往使經期變得較短，出血更少（並經常可以使月經完全停止）。這種情況對您的身體不會有任何方式的危害。

哪些人不應使用這種類型的宮內節育器？

如果您可能已經懷孕，您就不應該使用這種宮內節育器。可能還有一些醫療情況會阻止您使用孕激素宮內節育器。向您的醫生諮詢以確保使用它對您來說是安全的，這是非常重要的。

釋放激素的宮內節育器是否有任何副作用？

放置釋放激素的宮內節育器後的最初幾個月，使用者可能有不規則的經血以及微量出血。出血的現象通常會恢復正常，經期會變短，經血變少，並且使用者經常不會有任何月經。

有些人可能會出現激素副作用，如腹脹或皮膚的變化，但是這是不常見的，因為激素的劑量很小。放入宮內節育器的時候，有盆腔感染的輕微風險。醫生或護士會告訴您有關放置宮內節育器的其它風險。

如何獲取釋放激素的宮內節育器？

您需要去看醫生或去家庭生育計劃診所。醫生可能要求您去兩次。在第一次約見時，醫生會詢問您的健康情況，並向您介紹這種宮內節育器。您將做陰道/盆腔檢查，並可能做陰道感染的測試。在第二次約見將放入宮內節育器。醫生或護士會向您解釋這個程序。這需要大約10分鐘，有些人可能會覺得放入的過程不舒服，其他人可能會覺得很痛。在放入過程之前，先吃些止痛藥是一個好主意。在放入節育器之前不必禁食，實際上，在這之前進食是個不錯的主意。在放入過程中或之後，您可能會感到虛弱無力，離開診所前，您可能需要休息一段時間。您應該準備大約一個小時在診所逗留的時間。

如何取出釋放激素的宮內節育器？

您需要去看醫生或去家庭生育計劃診所，讓醫務人員將它取出來。醫生會使用一種特殊的工具，輕輕拉動尼龍線，取下宮內節育器。這個過程只需要幾分鐘的時間。有些人會覺得有點不舒服，有些不會有太大的感覺。

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新南威爾士州家庭生育計劃協會 (Family Planning NSW) 是由新南威爾士州衛生局資助的非營利機構

本資料中的信息只用於教育目的。FPNSW已盡力確保資料在出版之時，其中的信息是準確和最新的。對於有任何生殖或性健康方面的擔憂的人士，我們鼓勵他們向醫務人員尋求建議和幫助，或到家庭生育計劃診所就診。

審閱：2014年 7月 | FPNSW 07/14

要記住的事項

每個月在經期過後，用手指在您的陰道內感覺一下，檢查尼龍線，以確保宮內節育器仍然放置到位。

如果您出現任何不尋常的癢狀，包括陰道分泌物、下腹部疼痛或性交時劇痛，請立即去看醫生。

如果您擔心自己可能懷孕了，去看醫生或到醫療診所做妊娠檢查。但要記住，放置了釋放激素的宮內節育器，您的月經可能不能如常出現。

如果您或您的伴侶曾經有隨意的性行為，或者您有一個新的性伴侶，每次性交時都要使用避孕套，直到你們兩個人都已做了性傳播疾病（性病）的檢查。

記錄好更換的日期，因為宮內節育器放置在子宮內不應超過建議的時間。

欲了解更多的信息

- 打電話1300 658 886聯系新南威爾士州家庭生育計劃協會（Family Planning NSW）Talkline 或訪問 www.fpnsw.org.au/talkline
- 全國轉接服務（NRS，為失聰人士提供）133 677
- 或親臨您附近的家庭生育計劃診所

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審閱：2014年 7月 | FPNSW 07/14

Fact Sheet - English

THE HORMONE-RELEASING IUD (MIRENA®)



What Is The Hormone-releasing IUD?

The only Hormone-releasing IUD available in Australia is called Mirena®. It is a small plastic device in the shape of a 'T' with a hormone called levonorgestrel in its stem. It is placed inside the uterus to prevent pregnancy. It has a fine nylon string attached and when the IUD is in place, the string comes out through the cervix (the end of the uterus) into the vagina. The Hormone-releasing IUD can stay in place for up to five years.



How Does Hormone-releasing IUD Work?

The hormone makes the mucus in the cervix thicker so that sperm cannot get into the uterus and it also thins the lining of the uterus. It can also sometimes stop your ovaries from releasing an egg.

How Well Does It Work?

The hormone-releasing IUD is a very effective method of preventing a pregnancy (99.8% effective). This means that fewer than one woman in every hundred using this method of contraception for a year would become pregnant.

Who Can Use Hormone-releasing IUD?

Most women are able to use an IUD, including women who haven't had a baby before, and women who are breastfeeding, but ask your doctor if it is suitable for you. It is also useful for women who have heavy periods because it tends to make periods shorter and lighter (and can often stop periods altogether). This is not harmful in any way to your body.

Who Should Not Use This Type Of IUD?

You should not use it if you could be pregnant. There are some medical conditions that you may have which could prevent you from using the Progestogen IUD. It is very important to talk with your doctor to be sure it is safe for you to use it.

Are there any side effects

Women may have irregular bleeding and spotting in the first few months after the hormone-releasing IUD is inserted. Bleeding usually settles down and periods become shorter and lighter and often women will have no periods at all.

Some women may experience hormonal side effects, such as bloating or skin changes, but this is uncommon because the dose of hormone is so small.

There is a small chance of getting a pelvic infection at the time of the IUD insertion.

The doctor or nurse will tell you about other risks of having the IUD inserted.

How Do You Get The Hormone-releasing IUD?

You need to go to a doctor or Family Planning Clinic. You may be asked to make two visits. On the first visit the doctor asks questions about your health and tells you about the IUD. You will have a vaginal/pelvic examination, and possibly a test for vaginal infection. On the second visit the IUD is inserted. Your doctor or nurse will explain the procedure to you. It takes about 10 minutes and some women may find the experience uncomfortable while others may find it quite painful. It is a good idea to take simple pain tablets before the procedure. You do not have to fast before having the IUD put in, in fact it is a good idea to eat beforehand. You may feel faint during or after the insertion and you will probably need to rest for a while before you leave the clinic. You should allow about an hour to be at the clinic.

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How Is The Hormone-releasing IUD Taken Out?

You need to go to a doctor or Family Planning Clinic to have it taken out. The doctor uses a special instrument to remove the IUD by gently pulling on the string. This only takes a couple of minutes. Some women find it a little uncomfortable and some don't feel much at all.

Things To Remember

Feel inside your vagina with your finger to check for the string each month after a period to be sure the IUD is in place.

If you have any unusual symptoms including a discharge from your vagina, pain low in your abdomen or deep pain during intercourse, see your doctor straight away.

If you are concerned that you could be pregnant, see your doctor or clinic for a pregnancy test. But remember, you can miss periods with the hormone-releasing IUD.

If you, or your partner, ever have casual sex, or if you have a new sexual partner, use a condom every time until you both have been checked for sexually transmissible infections (STIs).

Keep a record of the date for replacement because an IUD should not stay in for longer than the recommended time.

For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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