Fact Sheet - Dinka

IUD WÄL YÖRMON (MIRENA®)

The Hormone Releasing IUD (Mirena®)



IUD Wäl Yörmon Ye Kë Yindä?

IUD wäl-yörmon töön ye yooc Yothralia a col Mirena[®]. Yeen ee wai thiin alööt cït kïn 'T' len yic yörmon col lebonorjethterel. Yeen a ye tääu adhiëët yic bë liëc gël. Yeen a len awin nailon thiin cë ruök ye thok. Na



cë tääu adhiëët yic, ka awin deen nailon ee thok bën bei adhiëët-thok (të këëc adhiëët thok thïn) bë rëër weeth. IUD wäl-yörmon a lëu bë rëër adhiëët yic run ka dhiëc.

IUD Wäl-Yörmon Ye Luui Kadä?

Vörmon ee lääk töu adhiëët-thok col la dhiäkdhiäk rin bë mïth wël moc ya thiik ku yeen aya ee kuεεth adhiëët looi bë yemyem. Yeen aya a lëu bë wuök adhiëët thiöök bë toŋ cï ye löny.

Ye Diec Luui Kadä?

IUD wäl-yörmon ee lon deen gël yen liëc ŋiɛc tiiŋ rëk bë tik 99.8 buɔɔt yic rëër këc meth. Keya, ka tiŋ lëu bë liëc ka cëŋ a lëu bë tök dääk tik buɔɔt cëŋ yic, ruöön yic.

Yeŋa Këc Pën IUD Wäl-Yörmon?

Diäär juääc aa këc pën IUD, gut tiŋ këc meth kaŋ yök, ku tiŋ thuëët meth thïn, ku apath ba akiëm du thiëëc lon bï yen piath ke yïïn. Yeen aya apath ke diäär kuër apɛy të theek kek rin yen kuër tek yic bë tik kuër nïn lik ku kor riɛm (ku a lëu bë thëk teem ebën). Kën a cïn kë ye kaŋ rac guäp du yic.

Yena Cë Pën IUD Wäl-Yörmon?

Duk tëëu yï yic të diiu yïn ciët yï cë meth yök. Tekdä ka len tuenytueeny kök töu yï guöp wën lëu bïk yï pën IUD porojethtojin. Yeen ee kë path alandeen ba dhiel jam kek akiëm du rin ba nic lon bï yen piath ke yïïn.

Len Kë Lëu Bë Wääc?

Tekdä ka tik a lëu bë kuër ya tëm yic ku ye riem thiu pëy reen tuen ke puoc IUD wäl-yörmon tääu adhiëët yic. Kuëër ee lac kööc ku ye thëk nïn lik looi ku kor riem ku kaam dëd thëk a lëu bë teem ebën tën diäär kök.

Diäär kök aa lëu bïk muön kek yörmon, cëmën a lëu bë riem köc ke gup wälä dël tik a lëu bë rot waar, bë ya këdäŋ yen cï yen rot ye lac looi rin koor yörmon bën wët bei.

Tekdä ka yïn a lëu ba juny wuook kaam tëëu IUD adhiëët yic. Akïm wälä akuonyakïm a bï lëk kök lëu bïk wääc të tëëu IUD adhiën du yic.

Ba IUD Wäl-Yörmon Yök Tëno?

Yïn a cë lëk ba dhiel la tën akïm wälä Panakïm ë Guiër Macthok. Diäär wïc IUD aa ye lëk bïk la kën yic rou. Akïm a bï thiëëc aloŋ pial guäp du ku lëk yiin aloŋ IUD röm tueŋ yic. Wanh du ku juöny du aa bë caath ku cɛɛth lääk töu wanh du yic lon leŋ yen tuany töu thïn. Na bɛn la bën nëm rou ka IUD a bë jal bën tääu adhiën du yic. Dhël ye yeen tääu yï yic a bï akiëm wälä akuonyakïm kuëny yic yiïn. Tëëu de ee yuul 10 nyaai. Diäär kök aa tëëu de yök ka leŋ të thiin rac ku tëëu de ee töök tën diäär kök. Yïn a cë ba dek wal arɛɛm ka këc gua tääu yï yic. Miëth a ce kaŋ theek të tëëu yeen yï yic, ku yeen guöp apath alandeen ba dhiel cam ku jal la bë la tääu yï yic. Diäär kök aa thöök të tëëu ye thïn wälä të cï tëëu thök ku tɛkdä bë yï lëk ba kaŋ löŋ panakïm amääth ku jal jäl. Na leŋ të dëd leer yïn, ka path ba rot gäm kaam döt thää tök panakïm.

Ye IUD Wäl Yörmon Miëët Bei Kadä?

Yïn a cë lëk ba dhiel la tën akïm wälä Panakïm ë Guiër Macthok bi yeen la bëëy bei thïn. A len makëc peeth ye akïm IUD miëët bei adhiëët yic. Kën ee yuul ka rou nyaai. A len të thiin ye diäär kök maan miëët de bei yic ku diäär kök aa cïk ye cak yök ciët len kë mïīt bei ke yiic.

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Aguir ë Guiër ë Macthok NSW a ce wëëu luööi bik dhiët ku wëëu keen yen luui aa bën tën Amatnhöm ë Pialguöp NSW





Kä Ba Dhiel Muk Yï Nhom

Peey thok ebën, ye yî cin gac wanh du yic ba awin nailon ruany të cî kuër ë thëk du thök, loi keya rin ba ŋic lon ŋuot rëër IUD nyien de. Na len lääk lëëk bei wanh du ku a ce lääk thön ke lääk duun theer dhie wälä na ye yî reem yic lon bî yî juny, ka loc la tën akîm ka cîn agääu. Na dieeu ciët yî cë liëc, ka yî la tën akiëm wälä loor panakîm bë yî bën la caath lon cîn meth yök. Bë ya këdän yen peth yen ba muk yî nhom ye thëk ye yic guëël të cen yîn IUD wäl-yörmon.

Na ye töc ke röör kök, wälä mony cëŋ wek töc ke diäär, wälä na yök mony dëd yam, ka yï ceŋ kondom të tëëc wek γet kööl week wedhie caath gup lon cïn wek gup tuɛnytuɛɛny ye yök töc yic (STIs). Ye kööl bï ye waar muk nhom rin IUD a cë path bë rëër yï yic rëk bë kaam cï akïm lueel waan.

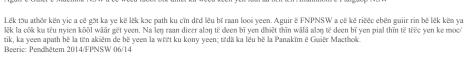
Na wic ba lëk kök yök

- Jaam kek aguir ë Guiër ë Macthok NSW telepun ë jam 1300 658
 886 wälä nem lökayukar: www.fpnsw.org.au/talkline
- NRS (raan cïn ye yïc) 133 677
- Wälä ləəc Panakim ë Guiër ë Macthok töu akeunhom



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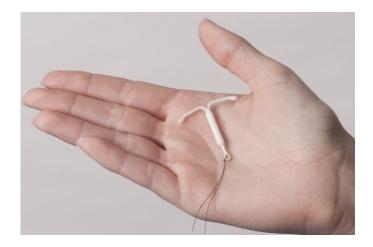


THE HORMONE-RELEASING IUD (MIRENA®)



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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The information in this Factsheet has been provided for educational purposes only. Family Planning NSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit an Family Planning NSW clinic.



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