

May 2024

There is new evidence that some intrauterine devices (coils) can work for longer than previously thought.

You may not need your IUD changed on the date that you were told when it was fitted.

Please check the table below and call 0345 337 9900 if you have any queries.

Mirena/ Levosert/ Benilexa – for contraception	8 years Or until age 55 if fitted after 45 th birthday
Mirena/ Levosert/ Benilexa – as part of HRT	5 years
Mirena – just for heavy periods	Keep for as long as it is working – remove age 55
Kyleena	5 years
Jaydess	3 years
Copper IUD	5 to 10 years depending on which type you have – check your care or call the clinic. Can work until the menopause if fitted after 40 th birthday. Remove 1 to 2 years after final period.