

Mirena[®] & Skyla[®] Procedures Skills

LARC for Beginners



Disclosures

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Objectives

On completion of this session, you will be able to:

- Identify the components of the Mirena and Skyla and the manufacturer's insertion devices.
- Demonstrate proper and safe technique for placement and removal of Mirena and Skyla.



Supplies for Insertion

- Gloves (sterile optional)
- Lubricant for bimanual exam
- Speculum
- Sterile uterine sound
- Sterile tenaculum
- Antiseptic solution, applicator
- IUS with inserter in sealed package
- Sterile, sharp curved scissors
- Os finder (unopened)

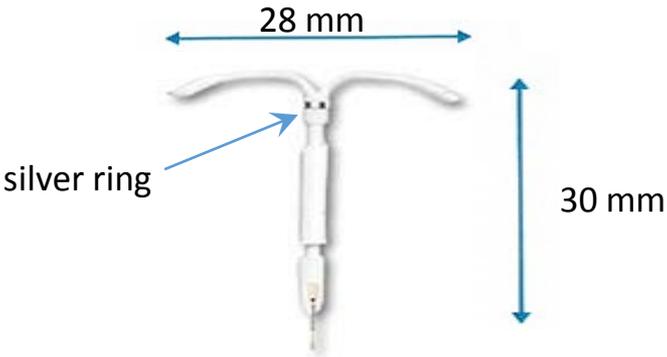


Practicing Insertion Skills

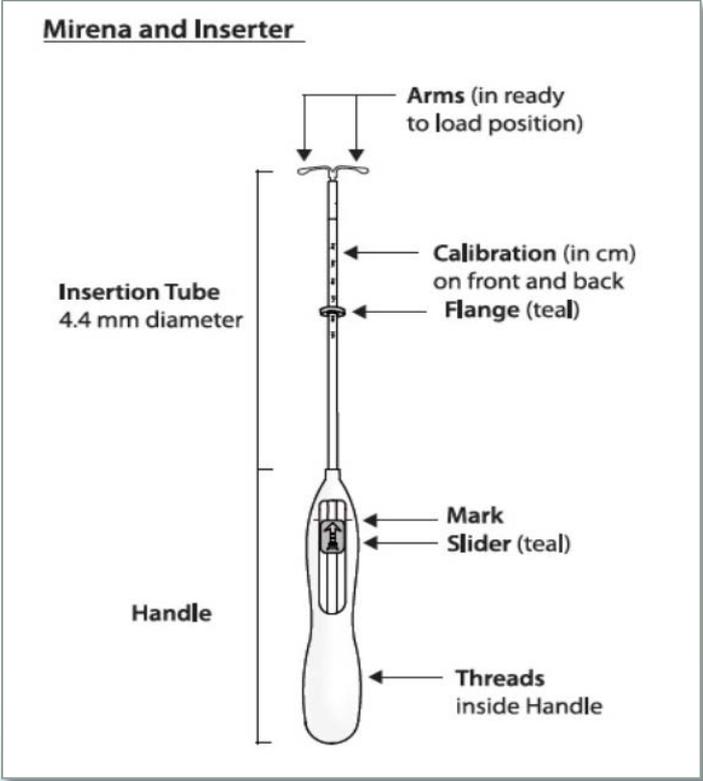
- Place tenaculum gently
- Retract tenaculum whenever advancing to ensure proper alignment of cervical canal
- Sound uterus slowly and gently
- Place IUS
- Remove IUS



Mirena compared to Skyla



Components of Insertion Devices



Insertion Procedure

Before opening the sterile IUS package:

- Identify uterine position using bimanual exam
- Place speculum
- Cleanse cervix with antiseptic solution
- Place tenaculum
- Sound uterus



Insertion Procedure

STEP 1: Open The Package

- The contents of the package are sterile
- Using sterile gloves, lift the handle of the sterile inserter and remove from the sterile package

Opening the Mirena package



Insertion Procedure

STEP 2: Load Mirena into the insertion tube

- Push the slider **forward** as far as possible in the direction of the arrow, thereby moving the Mirena T-body into the insertion tube. The tips of the arms will meet to form a rounded end that extends slightly beyond the insertion tube

IMPORTANT

- Maintain forward pressure with your thumb or forefinger on the slider. **DO NOT move the slider downward at this time as this may prematurely release the threads of Mirena.** Once the slider is moved below the mark, Mirena cannot be reloaded

Pushing slider all the way up to the forward position to load Mirena



Insertion Procedure

STEP 3: Set the flange

- Holding the slider in this forward position, set the upper edge of the flange to correspond to the uterine depth (in centimeters) measured during sounding



Insertion Procedure

STEP 4: Mirena is now ready to be inserted

- Continue holding the slider in this forward position. Advance the inserter through the cervix until the flange is approximately 1.5 to 2 cm from the cervix and then pause

Do not force the inserter. If necessary, dilate the cervical canal.



Advancing insertion tube until flange is 1.5 to 2 cm from the cervix

Insertion Procedure

STEP 5: Open the arms

- While holding the inserter steady, move the slider down to the mark to release the arms of Mirena



Wait 10 seconds for the horizontal arms to open completely.



Insertion Procedure

STEP 6: Advance to the fundal position

- Advance the inserter gently towards the fundus of the uterus **until the flange touches the cervix**. If you encounter fundal resistance, do not continue to advance. Mirena is now in the fundal position. **Fundal positioning of Mirena is important to prevent expulsion**

Moving Mirena into the fundal position



Insertion Procedure

STEP 7: Release Mirena and withdraw the inserter

- Holding the entire inserter firmly in place, release Mirena by moving the slider **all the way down**
- Continue to hold the slider all the way down while slowly and gently withdrawing the inserter from the uterus

Moving the slider all the way down to release Mirena from the insertion tube



Insertion Procedure

Cutting the threads

- Using a sharp, curved scissor, cut the threads perpendicular, leaving about 3 cm visible outside of the cervix (cutting threads at an angle may leave sharp ends). To prevent displacing Mirena, do not apply tension or pull on the threads when cutting

Mirena insertion is now complete. Prescribe analgesics if indicated. Keep a copy of the Consent Form with the lot number for your records.

Questions?



Let's Practice!



Need more practice?

Optional office hours with pelvic simulators:

Today: 4:00 - 5:30

Tomorrow: 2:00 - 4:00

Practice technique
Ask experts your questions!

