

E-stim with a Mirena IUD?

Can we use it?

Traditionally, having an IUD insitu was a contra-indication to having vaginal e-stim. This however was largely due to the fact that most women a decade or two ago were having the old "Copper IUD" and people had concern regarding close proximity of a metal.

These days most women who want an intra-uterine device option choose the **Mirena IUS** (intra-uterine system) .

Note:

the Mirena is regarded as an "Intra-Uterine System" rather than an "Intra-Uterine Device" because it releases a hormone



I regularly receive enquiries as to whether I do e-stim with someone who has a Mirena.

Mirena and Vaginal E-Stim – do I use it??

The short answer to this is Yes, the device is entirely plastic and is situated up inside the vagina away from where the probe will be active. It shouldn't really have any way to conduct..... **BUT!!!!!!!**

The difficult part about this is that we don't have any research to guide us.

So what do I do???

I let them make an informed decision having been given truthful information.

I explain the following points to my patients!!! (ie I specifically state each of the following)

- ❖ We still have IUD listed as a contra-indication for e-stim in the information booklets that come with the machine
- ❖ This was largely due to the old metal IUDs and risk of conductivity
- ❖ The Mirena is plastic so in theory should be fine.
- ❖ However WE DO NOT HAVE ANY RESEARCH TO PROVE IT IS SAFE.
- ❖ I have had at least 20patients with a Mirena use e-stim and never had a problem, but there is always a chance.
- ❖ If they notice any pain, discomfort or altered sensation they must cease using the machine immediately.

Note - Paragard IUD

Whilst not commonly being used in women in Australia, the Paragard IUD (non-hormonal and also known as the "Copper T") is available and has copper around its centre. Women choose this if they want a non-hormonally releasing device. It does often make periods heavier (as opposed to the Mirena which makes them lighter or non-existent). Officially this is contra-indicated for vaginal e-stim.

