

Comparative table

	Hormonal (progesterone)	Copper
<i>Models and duration</i>	Mirena (52mg) - 5-8 years * Kyleena (19,5mg) - 5 years	Mona Lisa mini/standard/10, Liberté, etc. - up to 12 years
<i>Bleeding</i>	<ul style="list-style-type: none"> - Irregular bleeding with frequent spotting possible for the first 3-6 months - Then, irregular, light bleeding, with reduction of menstrual flow of 80-90% - After 1 year, approximately ¼ no longer bleed with Mirena and 1/6 with Kyleena 	<ul style="list-style-type: none"> - Usually, cycles unchanged except for an increase in duration, flow and menstrual pain
<i>Side effects</i>	<ul style="list-style-type: none"> - Minimal, because the effect is mainly localized to the endometrium (unlike systemic anovulants, pills, patches or rings) - Rare and usually temporary: acne, swelling, mood disorders and reduced libido 	<ul style="list-style-type: none"> - Increased menstrual duration, flow and pain
<i>Effectiveness</i>	<ul style="list-style-type: none"> - Less than 2 pregnancies out of 1000 users per year 	<ul style="list-style-type: none"> - Less than 8 pregnancies out of 1000 users per year
	<p>In the rare situation that you become pregnant with an IUD, it is important to seek medical attention to have it removed and to ensure that you do not have an ectopic pregnancy (outside the uterus).</p>	
<i>Non-contraceptive benefits</i>	<ul style="list-style-type: none"> - Reduction of menstrual pain - Possible cessation of menstruation - Possible improvement in PMS - Possible reduction in the risk of endometrial cancer - No increase in migraines (because no estrogen) 	<ul style="list-style-type: none"> - No positive or negative hormonal effects

* Approved for 5 years in Canada, but very effective for up to 8 years according to several studies and the FDA (USA)