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### **New Guidance for the Mirena Intrauterine System:**

New guidance from the faculty of sexual and reproductive healthcare has been issued this week to say that the Mirena intrauterine system can now be left in place for 8 years for contraception.

It can also be left for up to 8 years for heavy menstrual bleeding provided there is no recurrence of the bleeding.

However, the guidance remains the same for endometrial protection when using alongside oestrogen as HRT which is no more than 5 years.