

Oak Bay Medical Centre

Jaydess INFORMATION SHEET

Benefits:

Jaydess® are great because they have a very tiny amount of a safe hormone (levonorgestrel, or progesterone) and you don't have to worry about remembering them. They work within 10 days and last for 3 years. Most women notice very little change to their periods. However, it is really normal to have spotting on and off for 2-3 months while adjusting to the new hormone. This is annoying, but will get better!

Pregnancy:

If you have just had a baby, or it is more than 2 weeks since your period, you will need to do a pregnancy test at the lab. This will only check for a pregnancy that conceived 3 weeks ago or more. It will NOT tell us about any conception in the last 1-2 weeks. If you think you *could have* conceived in the last 2-3 weeks, re-book for 2 weeks from today, and don't have sex until that appointment.

Insertion:

Inserting the **Jaydess®** is a simple clinic procedure. The doctor will examine you to see which way the uterus is positioned and then insert a speculum (like the one used for a PAP). The doctor will may offer you freezing in the cervix. Next, the doctor will hold the cervix while sliding the **Jaydess®** into your uterus. Most women feel a pinch (holding the cervix) and a cramp (**Jaydess®** going in). Cramping may last a few minutes. You may take some ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) before or after your insertion to reduce your cramps. Sometimes a hot water bottle also helps. It is rare for anything to go wrong during the insertion (e.g. the doctor going too deep, called perforation) or not at all (e.g. can't get in through a very tight cervix).

After insertion:

For 24 hours after insertion, it is important not to insert anything into the vagina for 24 hours (i.e. no tampons, bath, swimming, hot tub, sexual intercourse). There is about 1% chance of the **Jaydess®** slipping, and the chance is highest in the first few weeks. There is also about 1% chance of infection, so don't have a new sexual partner in the first 3-4 weeks.

Slipping or Expelling the Jaydess®:

We recommend that you regularly feel high in the vagina for the strings of the **Jaydess®**. If you can't feel it, that's OK, but if the string lengthens, or if you feel it now and then can't later, see us or your own doctor right away. Usually you will get lots of cramping and/or bleeding if your **Jaydess®** is falling out.

Contraception:

Jaydess® is effective only after 10 days. Please continue on your prior method for at least that long, so there is some overlap. **Remember that the **Jaydess®** does not protect you against sexually transmitted infections (STI), so use a condom with a new partner, until you are sure you are both free of STIs**. Let the doctor know if you want an STI test today.