

# A quick reference guide for LILETTA<sup>®</sup> Insertion

Inside you will find key points and images from the Healthcare Provider's Reference for Preparing and Inserting LILETTA.

**IMPORTANT:** Use this refresher sheet only as a reminder.

For complete insertion instructions please refer to either of the following:

- The full Prescribing Information on the inside lid of the LILETTA intrauterine system (IUS) demonstration kit
- [LILETTAHCP.com/Resources](http://LILETTAHCP.com/Resources) to view a demonstration video online



**Liletta**<sup>®</sup>   
(levonorgestrel-releasing  
intrauterine system) **52 mg**

## INDICATION

LILETTA<sup>®</sup> is a sterile, levonorgestrel-releasing intrauterine system indicated for prevention of pregnancy for up to 5 years. The system should be replaced after 5 years if continued use is desired.

## IMPORTANT SAFETY INFORMATION

### Who is not appropriate for LILETTA

Use of LILETTA is contraindicated in women with: known or suspected pregnancy and cannot be used for post-coital contraception; congenital or acquired uterine anomaly, including fibroids, if they distort the uterine cavity and would be incompatible with correct IUS placement; known or suspected breast cancer or other hormone-sensitive cancer, now or in the past; known or suspected uterine or cervical neoplasia; acute liver disease or liver tumors; untreated acute cervicitis or vaginitis, including lower genital tract infections (eg, bacterial vaginosis) until infection is controlled; infected abortion in the past 3 months; unexplained uterine bleeding; current IUS; acute pelvic inflammatory disease (PID) or endometritis or history of PID (except with later intrauterine pregnancy); conditions increasing susceptibility to pelvic infection; or hypersensitivity to any component of LILETTA.

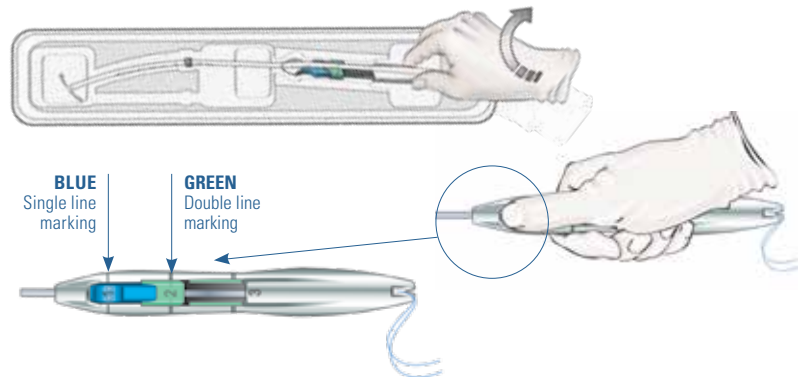
Please see Important Safety Information throughout and [click here](#) for full Prescribing Information.

## 1 Loading the Inserter

- Remove the inserter from the tray by gently twisting and pulling up the handle
- Ensure both sliders are pushed **fully forward** and aligned with their respective markings



**Use aseptic technique during the entire loading and insertion procedure.**



- To load the IUS into the inserter, maintain **forward pressure** on the BLUE slider and gently pull the threads **straight** back
  - **Pull—and lock**—the threads into the cleft at the bottom of the **handle** and then **stop holding the threads**



- When correctly loaded, the IUS is completely within the insertion tube, with the tips of the arms forming a hemispherical dome at the top of the tube



**If the IUS is not correctly loaded or is discharged from the insertion tube unintentionally before insertion, DO NOT ATTEMPT INSERTION. You can repeat the loading process by pulling the threads out of the cleft and repeating the IUS loading process.**



## 2 Adjusting the Flange

- Adjust the flange to the measured uterine depth based on sounding. To adjust, place the flat side of the flange in the tray notch or against a sterile edge inside of the tray
- If required, bend or straighten the insertion tube to accommodate the anatomical orientation of the uterus
- Be careful to avoid sharp bends to prevent kinking



### IMPORTANT SAFETY INFORMATION (continued)

#### Clinical considerations for use and removal of LILETTA

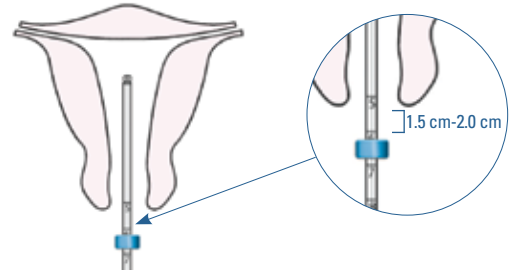
Use LILETTA with caution after careful assessment in patients with coagulopathy or taking anticoagulants; migraine, focal migraine with asymmetrical visual loss or other symptoms indicating transient cerebral ischemia; exceptionally severe or frequent headache; marked increase of blood pressure; or severe arterial disease such as stroke or myocardial infarction. Consider removing LILETTA if the following arise during use: uterine or cervical malignancy or jaundice. Because irregular bleeding/spotting is common during the first months of LILETTA use, exclude endometrial pathology (polyps or cancer) prior to the insertion of LILETTA in women with persistent or uncharacteristic bleeding. If the threads are not visible or are significantly shortened, they may have broken or retracted into the cervical canal or uterus. If LILETTA is displaced (eg, expelled or perforated the uterus), remove it.

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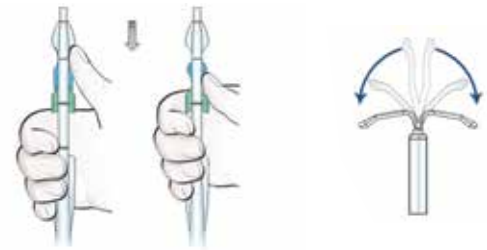
### 3 Inserting LILETTA into the Uterus

- Apply gentle traction on the tenaculum, as needed
- Insert the loaded tube through the cervical os
  - Maintain **forward pressure** on the BLUE slider throughout the insertion process
- Advance until the upper edge of the flange is 1.5 to 2.0 cm from the external cervical os

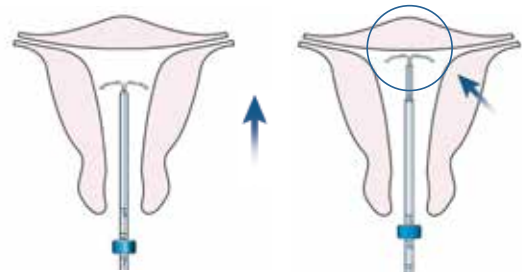


### 4 Releasing LILETTA in the Uterus

- Gently slide only the BLUE slider back until the BLUE and GREEN sliders form a **common slider recess**
- This will allow the IUS arms to open
- Wait 10 to 15 seconds to allow for the arms of the IUS to fully open



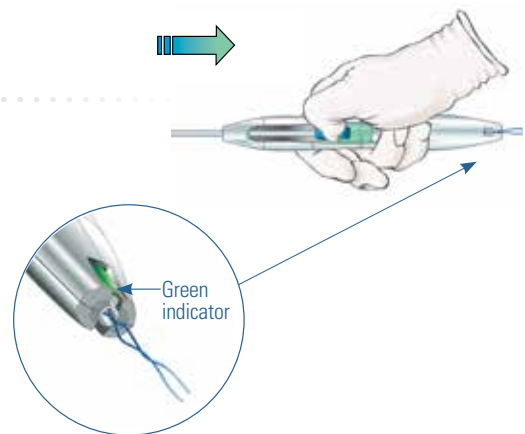
- Without moving the sliders, advance the inserter to the fundal position
  - The flange should now be at the top of the cervix



**Fundal position is important to prevent expulsions.**

### 5 Completing the Insertion

- Move both sliders down the handle until **an audible click is heard**
- The GREEN indicator at the bottom of the handle should now be visible
- Look at the cleft to ensure the threads were properly released; if not released, grab the threads and gently pull the threads out of the cleft
- Withdraw the inserter from the uterus
- Use blunt-tipped sharp scissors to cut the threads perpendicularly, leaving about 3.0 cm outside the cervix
- Insertion is now complete



#### **IMPORTANT SAFETY INFORMATION (continued)**

##### **Pregnancy-related risks with LILETTA**

If pregnancy should occur with LILETTA in place, remove the intrauterine system because leaving it in place may increase the risk of spontaneous abortion and preterm labor. Removal or manipulation may result in pregnancy loss. Evaluate women for ectopic pregnancy because the likelihood of a pregnancy being ectopic is increased with LILETTA. Tell women about the signs of ectopic pregnancy and associated risks, including loss of fertility. Women with a history of ectopic pregnancy, tubal surgery, or pelvic infection carry a higher risk of ectopic pregnancy.

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## IMPORTANT SAFETY INFORMATION (continued)

### Educate her about PID or endometritis

Insertion of LILETTA is contraindicated in the presence of known or suspected PID or endometritis or a history of PID unless there has been a subsequent intrauterine pregnancy. IUSs have been associated with an increased risk of PID, most likely due to organisms being introduced into the uterus during insertion. One woman diagnosed with PID developed the infection within a week of LILETTA insertion, while the remainder were diagnosed more than six months after insertion. Counsel women who receive LILETTA to notify a healthcare provider if they have complaints of lower abdominal or pelvic pain, odorous discharge, unexplained bleeding, fever, or genital lesions or sores. PID and endometritis are often associated with sexually transmitted infections (STIs); LILETTA does not protect against STIs, including HIV. PID or endometritis may be asymptomatic but still result in tubal damage and its sequelae. Inform women about the possibility of PID or endometritis and that these infections can cause tubal damage leading to ectopic pregnancy or infertility, or infrequently can necessitate hysterectomy, or cause death.

### Expect changes in bleeding patterns with LILETTA

Spotting and irregular or heavy bleeding may occur during the first 3 to 6 months. Periods may become shorter and/or lighter thereafter. Cycles may remain irregular, become infrequent, or even cease. Consider pregnancy if menstruation does not occur within 6 weeks of the onset of previous menstruation. If a significant change in bleeding develops during prolonged use, take appropriate diagnostic measures to rule out endometrial pathology.

### Be aware of other serious complications and most common adverse reactions

Some serious complications with IUSs like LILETTA are sepsis, perforation, and expulsion. Severe infection or sepsis, including Group A streptococcal sepsis (GAS), have been reported following insertion of other LNG-releasing IUSs. Aseptic technique during insertion of LILETTA is essential to minimize serious infections such as GAS.

Perforation (total or partial, including penetration/embedment of LILETTA in the uterine wall or cervix) may occur, most often during insertion, although the perforation may not be detected until sometime later. Perforation may also occur at any time during use. Perforation may reduce contraceptive efficacy. If perforation is suspected, locate and remove LILETTA as soon as possible. Surgery may be required. Delayed detection or removal of LILETTA in case of perforation may result in migration outside the uterine cavity, adhesions, peritonitis, intestinal perforations, intestinal obstruction, abscesses, and erosion of adjacent viscera. The risk of perforation is higher if inserted in lactating women and may be higher if inserted in women who are postpartum or when the uterus is fixed retroverted.

Partial or complete expulsion of LILETTA may occur, resulting in the loss of contraceptive protection.

Delay LILETTA insertion a minimum of 4 weeks or until uterine involution is complete following a delivery or a second trimester abortion. Remove a partially expelled LILETTA. If expulsion has occurred, a new LILETTA may be inserted within 7 days after the onset of a menstrual period after pregnancy has been ruled out.

Ovarian cysts may occur and are generally asymptomatic, but may be accompanied by pelvic pain or dyspareunia. Evaluate persistent ovarian cysts.

In the LILETTA clinical trial, the most common adverse reactions ( $\geq 5\%$  users) were vaginal bacterial infections (18.6%), vulvovaginal mycotic infections (18.6%), acne (14.9%), nausea or vomiting (9.8%), dyspareunia (9.1%), headache (8.9%), breast tenderness or pain (8.3%), pelvic discomfort or pain (8.3%), anxiety (8.1%), abdominal discomfort or pain (7.8%), depression (6.9%), dysmenorrhea (6.1%), mood changes (5.8%), increased weight (5.7%), back pain (5.5%), and vaginal discharge (5.4%).

Teach patients to recognize and immediately report signs or symptoms of the aforementioned conditions. Evaluate patients 4 to 6 weeks after insertion of LILETTA and then yearly or more often if clinically indicated.

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