Which iud do yall recommend? So I am currently on the pill and previously had the nexplanon and hated it. Gained weight and had bleeding randomly. When i got it taken out i lost 20 pounds in one month!!! Now Im back on the pill for about two years now and Im just tired of taking the pill. I am a division 1 athlete and Im having still having a TOUGH time losing weight. Im eating so much healthier and working out 5 days a week burning 1000 calories a day… I also dont suffer from acne and want to find the right iud that will help me lose weight and not make my face acne bad. I also dont have a period on the pill and not sure if Ill have mild periods or full blown murder scene. I want something I dont have to think about. What are your guys reviews on iuds!?

IUD removed two weeks ago... extreme fatigue I had Mirena for almost 7 years. In the last 6 months I was starting to experience a bunch of hormonal-related symptoms, including frequent, irregular spotty periods, cramps, bloating, and acne. I wanted to get my hormones tested but my obgyn suspected it was the IUD and suggested to remove it. So I had it removed two weeks ago, and at first I didnt feel much different except the bloating went down. I had a bit of bleeding from the removal but nothing major. The only crazy thing happening now, at the two week post-removal mark, is I am SO. SO. TIRED. I sleep 7-8 hours per night, but starting around 2pm I am so exhausted. Last night by 7pm I felt dizzy from tiredness. Today its only 11:45 am and I already feel dead. Is this normal? For anyone who got off a hormonal IUD or other progestin-only BC, how long did it take for your body to regulate itself? I am staying off any form of BC until things stabilize. I want to see what my natural body is like.

Any noticeable changes after IUD removal? I just got my kyleena IUD (5 year) removed, and I was just wondering if anyone had noticed any changes that came after having it removed. Im not even sure what to expect, If anything at all. So anything is appreciated. I have the same question! Personally I have been bleeding/spotting since removal and its been 11 days. Some irritability/moodiness. I did get a depo shot in the interim (considering permanent sterilization). Hope more people respond I had very little, like very little spotting right after and slight cramps. But its only been a day so far. At least I know the spotting is okay I just got mine removed too! Hopefully we have no issues! (: Got mine removed yesterday and I am soooooo horny hahaha Girl, Im the complete opposite Yeah? I should add I havent had a true sexual drive in like years lol. But Ive also been super stressed and the cause of my stress was also alleviated this past weekend (I finally got my wedding over with) so it could be that, too... I had mine removed about 3 weeks ago. I got my period after the first week and it was heavier than it was on the IUD. Also been super emotional and want to cry all the time. Definitely feel out of sorts and hoping my hormones balance soon! You know that release of pressure when you pop a zit? Thats how it felt… and my pelvic region stopped feeling irritated and nagging. I feel so free and light… prob all in my head but it has been great. Im the same! Its been 8 days and I cry almost every night for no reason. Hope you balanced out! I finally did, but I am realizing my emotions were probably more flat in general with the IUD.

loss of appetite after getting IUD in mid july this year i got the mirena IUD. outside of the insertion process and occasional cramps i get from it, its been great. it worked really well for my mom so i figured itd be a good choice for me as well. i was on pill since i was about 13, and im now 21. but ive noticed that since i got it inserted, i never seem to feel hungry. even when i dont eat for a long time, i just dont seem to feel hungry ever. ive had food aversions to things that i normally enjoy and love like meat and ice cream and candy to the point where they make me gag. i havent had a menstrual cycle since i got the IUD, so i dont think its that. i also dont ever have cravings for anything anymore. it also happens when i dont have stomach pains or cramps from the IUD as well. i feel like it should be the opposite with food cravings and increased appetite.. but i dont have that when that was something i had an issue with on the pill at times. im just wondering if anyone else has had any similar symptoms to mine and if so how did you deal with it? or just others looking to share their experiences. thanks :)

Thoughts on mirena I got it a few months ago and it has barley helped at all, its causing more problems than not. The only thing is that my period is lighter other than that I still have crippling period pains, which causes painful bloating and diarrhea. (Cramps were the main reason I wanted an iud) But In return I have vaginal dryness and non existent sex drive. Has anyone else had any problems? I was going through a few subreddits/blogs and Ive seen a lot of women talking about similar experiences. I had a lot of similar issues, Mirena was a nightmare for me from start to finish. Ah jeez. Is the mirena crash true. After a bit does the dryness and labido come back? Please tell me it does in 19 and I just dont want to deal with this 😭 I dont feel like I can speak to the Mirena crash, I only suffered the device for seven months and I felt better immediately after I had it removed. I couldnt cope with the chronic pain, lack of sex drive, hair loss, and return of my period, so around seven months post insertion I had it removed and started feeling more like myself within a week. The adjustment period is supposed to be six months, so after that time passed and I was still miserable I just couldnt do it anymore. I dont feel like I can speak to the Mirena crash, I only suffered the device for seven months and I felt better immediately after I had it removed. I couldnt cope with the chronic pain, lack of sex drive, hair loss, and return of my period, so around seven months post insertion I had it removed and started feeling more like myself within a week. The adjustment period is supposed to be six months, so after that time passed and I was still miserable I just couldnt do it anymore.

Kyleena 6 months

Iud crash? Kylenna So my iud came out three days ago and since Ive felt better with my depression I still take my antidepressants prescribed whenever I was on the iud. But I have NO appetite it sucks. Like I almost forget or dont want to eat. Ive struggled in the past with a small ED but it was never serious and sometimes have no appetite. Is this normal? What are some normal symptoms yall experience with the kylenna crash?

Will my bodys hormones completely go back to normal after IUD removal? Hello friends. i have had hormonal Kyleena levonorgestrel 19.5mg since September 18 2018 so this year I have to get it replaced or removed. I am considering going without hormonal birth control for a while to see if it impacts any health issues im having (low sex drive, depression, food cravings). But i am wondering, \*\*will my hormones go back to their normal/previous levels since i have now altered them with hormonal birth control?\*\* or am i forever changed because of it? The IUD has been really nice for me, ive never had any issues with it and my period without it was unbearable. i didnt notice any weight gain with it and i already had depression before it, i didnt notice any emotional or sex drive shifts immediately after it was put in. its the only hormonal birth control ive ever done. i am 23 years old, 24 in March. It may take a couple of months but your body will go back to regulating itself/non-birth control controlled function yes. Your birth control has not permanently altered your bodys ability to do things itself. Im around the same age and had my kyleena for 5 years and get it out next week, Im hoping for the same reversal of hormones! I also am experiencing low sex drive, cravings + hair thinning, fatigue, weight gain How did it go? How are you feeling? It went well! The removal was smooth and painless! Im feeling better than I expected to be honest! My sex drive is slowly coming back, and my cravings have decreased! My hair is still thinning but I dont think its been long enough for me to tell a difference yet. My weight is stagnant currently! I havent had a period yet and my body tried to ovulate and failed, Ive also had just a little bit of acne but nothing a pimple patch couldnt handle! Besides that everything else has been good! Im interested to see what the next couple of months bring Any updates? Its still been good! My periods came back with no issues, nearly every 30 days and last 4-5 days! My skin has been fine still (knock on wood). I was hoping I would have some weigh fall off but that is still the same and I am still dealing with some hair thinning but am working on trying to reverse that! I have confirmed ovulation in 3 cycle now as well! Sex drive is still back and depends on where I am at in my cycle which I expected! This was helpful! Im going to get my kyleena out next month but am worried about hormonal withdrawal from progesterone making me feel crazy or have a horrible time

First two weeks on POP So I had 2 copper IUDs in the last 4 months - both migrated out and had to be removed. I had an awful experience in my early teens using the combined pill: 30lb weight gain, horrendous moods and the final straw; 3 migraines with aura in a row. I was on it to regulate my period and it did its job so as a virgin, I stopped it immediately. 6 years later (now) got the copper IUDs and they failed so I started the POP (ny only option) which I was so so terrified to do. I had just gotten off all of the weight and finished some therapy so mentally and physically i was very happy with who I was and I was scared to ruin it. Heres what ive noticed: My sex drive went through the roof in the first 5 days. Back to back sex dreams (which i havent had since early teens) and sex everyday. Now at day 15, Ive hit a weird plataeu where I can take it or leave it - I dont seem to care. Could be because of an incoming period but considering my sex drive hike I think this is POP related. Before I would consider my drive regular 2-3x a week. Hoping it evens out after a few months. Im on low carb (been so for a full year no problem) and I find myself craving carbs so much all of a sudden. Gotta watch that bc thats probably where the weight comes back. I would consider my self control really high but I am more emotional right now which is definitely wavering that self control. Moods wise; I am definitely definitely more moody. I cried randomly twice already this week, once bc I was so happy and once bc I was so stressed. I am an emotional person but never THIS much. I also randomly got in a fight w my bf which is out of character for me as well, he even noted that. Hoping the mood part changes soon. I find myself more trapped in my head, smth yoga always gets me out of, but I seem to have lost interest in yoga…Ive been journalling to not get too lost in my head and that definitely seems to be helping. Like a little release of all moods and also a tracker of the fluctuations. Other than that, super weird, but one nip is chafey and so so dry. That has never happened to me in my life. Dont know if thats a common side effect but thats the only other difference i have noticed. Everything else seems swell. So all in all, hormonal methods are definitely doing SOMETHING to me, now praying it doesnt do too much.

Mirena 3 weeks in, First time Depression TL;DR [28F] Never had depression until a week into Mirena. Does it ever get better or should I get it removed ASAP I feel like a completely different person then I was 3 weeks ago. I was super optimistic about getting Mirena, primarily with the hopes that I could end my extremely painful periods. Mirena is the first form of hormonal birth control Ive tried. most of the physical symptoms Ive been experiencing are tolerable. Periodic cramping, very little spotting. But I get home in the evenings and just feel so low, I try to think of things to do or I need to do and can barely muster the strength to do anything. TV shows and games I loved 3 weeks ago make me feel nothing. My whole routine ive had for ages feels impossible. I feel like there is this void inside of me. Then it hit me that this must be depression. Ive had my ups and downs throughout life but mostly situational stuff, no true clinical depression. But how I feel right now is terrifying. Has anyone else experienced first time depression with Mirena? If so did it get better or worse while on it? If you got it removed did you go back to normal?

First week on Nikki (generic Yaz) I started Nikki a week ago and wanted to share my experience and also open some doors for advice. (Apologies for mobile formatting blah blah) I was prescribed Nikki to treat PMDD and as a general BC. Im also diagnosed with CPTSD. Ive been off BC for about a year and a half now. I previously had a Mirena IUD, and I had to remove it due to it getting stuck sideways. I am also currently on other medications—Pristiq, Buspar, and Famotidine. Some things Ive noticed: Intense appetite increases. Pristiq already made me hungry, but now I feel like Im eating all day. Just snacking all day, not full meals. I dont mind because I need to gain weight anyways, but it is very noticeable Bloating/constipation. I feel like I havent had a bowel movement since I started taking it. Maybe once? It doesnt hurt but theres a dense discomfort, for lack of a better word. No sharp pains so thats good. I just bought some Metamucil tonight to try and help. Even a fiber bar and staying hydrated isnt working so far though. Mood: My mood has been noticeably better this week, and that could be due to many factors. Im taking this with a grain of salt until I get a few months under my belt with Nikki. Energy levels: Ive always been sluggish and tired because of anxiety wearing me out, so its hard to note on this one. But I definitely havent noticed been more or less tired than normal. Thats week one for me, Im hoping that its worth it to keep going! The gut health has been my biggest headache so far. Any advice on that is appreciated! Overall that doesnt sound too bad - seems like its working reasonably well so far! You can try adding some dulcolax for the constipation as thats very safe/gentle and isnt absorbed. A lot of those symptoms may just resolve soon on their own though as your body gets used to it. Thank you! Crossing my fingers that this will work out for me in the long run Your post has been removed from /r/birthcontrol as it was determined to be spam. If you disagree with this determination, please message the moderators.

Second Kyleena IUD I had the Kyleena IUD for four years and recently got it removed and replaced. The first time, I lost weight, didnt have a period, struggled a bit with my acne but my dermatologist got me back to clear skin. It has been two months since the replacement and my skin has never been this bad in my entire life, I am extremely moody and depressed, I have an extremely low libido and have little to no motivation to go to work or the gym. I have a passion for fitness and weightlifting. My workouts feel like they drag on and I dont go as often when I used to go 5-6x a week. I have gotten painful ovarian cysts multiple times. I get waxed every two or so weeks and now I can barely go a week without being covered. Should I consider removal? Has anyone else had similar experience?

Spotting while on IUD after 3 years of nothing? [deleted] As time goes on, the amount of hormone being released slowly diminishes. It is still effective at preventing pregnancy, but may not be enough to stop periods/bleeding anymore. Take [Mirena ](https://labeling.bayerhealthcare.com/html/products/pi/Mirena\_PI.pdf) for example: &gt;The initial release rate is approximately 20 mcg/day over the first 3 months tested (day 0 to day 90). It is reduced to approximately 18 mcg/day after 1 year, 10 mcg/day after 5 years, and 8 mcg/day after 7 years. That is very helpful information. Thank you. Ive been googling it for 2 days and never saw this.

Cant lose weight after having mirena out Is it just because my body doesnt make progesterone after 13 years of this device (3 total)? It makes sense that normal estrogen which holds fat and low progesterone combined can making a weight loss challenge pretty lengthy. Its been out three and a half months and am giving it six to see if my hormones stabilize, otherwise I guess Ill be looking for another method of progesterone I dont know your age, but hormonal imbalances can definitely contribute to weight gain. You would need to see a doctor in order to determine if a hormonal imbalance is contributing to your weight gain or difficulty losing weight.

Combo Pill to IUD? [deleted] Ive never struggled with acne, but developed a few people coming off the pill. They have cleared up since! I have a copper IUD now. I switched from OCP to hormonal IUD and while my headaches and periods improved, it made my acne go from mild/moderate to severe. Took about 18 months to get that bad but I got it taken out due to the severity of the acne and it went away completely within 6 weeks - back on OCP now and I take the mild weight gain and headaches over scaring acne for now. Luckily my IUD insertion was not too intense, but I also have an extremely high pain tolerance, I know a lot of people arent as lucky.

Kyleena IUD Side Effects So Ive had the Kyleena IUD for a little over 2 years now. Soon after I got it, lets say in a span of 4-5 months I went from 130 pounds to 170. My emotions have been a never ending roller coaster. Ive experienced derealization, depressive episodes, constant bloating, random sharp cramps, and most significantly hair loss. For the entire time, I assumed it was all due to stress from the pandemic, school and work pressures. Basic things that youd assume would have an effect on you. It wasnt until I really started to take in the fact that Im not feeling well at all, and cant even recognize myself that I started to worry. I made a huge lifestyle change, lost 30 pounds, spoke to a therapist, changed my diet, stayed on top of vitamin intake. Literally every option that was available to make me feel better, I took it. But the hair loss continued and worsened, the emotions were even more all over the place. Everything in my life was stable and consistent, except for me. My period was never effected by the IUD, it functioned like clock work. And Ive never missed one either, so it never occurred to me that I may be reacting to the IUD side effects. The hair loss was really what got to me, its messing with my self esteem too much, on top of everything else. Im scheduled to take it out next week and Im really looking forward to seeing if this is the root problem. Ive done panel blood work, ECGs, and a Stress Echo, just to see if it could potentially be anything else. And everything came back fine. Im just nervous for the way my body might deal with the IUD coming out. Ive read about peoples experiences, some good, some bad. Anyways, if you read this far, thank you!❤️ Ive been feeling super alone the past few months dealing with this. If anyone has also dealt with hair loss due to an IUD, did it grow back afterwards? Ive had the exact same experience as you. I got my iud in my first year of university and gained a significant amount of weight, went through serious derealization and depressive episodes, bloating. the whole nine yards. Hair loss has been the most significant side effect. ive had it for 4 years now and over the last 2 years i would say that my hair has because extremely thin and dry, especially on the sides. Considering getting it taken out just to see if theres any changes. prior to my kyleena iud i was on the pill. period was regular and never had issues with hair loss until i started with my iud

Getting my nexaplanon removed today Ive had the Nexaplanon implant for a little over 4 years now. At first, I loved it! Ive suffered with miserable periods since I started them when I was 11. The implant completely stopped my periods which was a blessing to me. I got my second one last year and since then my weight has fluctuated upwards, plateaued and I havent been able to lose much weight. Im in the military and the extra weight has made it hard for me to meet fitness standards. Before getting it, I had a very fast metabolism! I understand as we get older it slows but it seems like mine just hit a brick wall when I got the implant replaced last year. For those of you with similar experiences, how long did you see a difference in your weight? Are there any other methods (besides the IUD, my cervix is weird) that you like?

Depression after IUD removal [deleted] Im on antidepressants that are perfect for me so I havent had any mental side effects from the removal

Kyleena IUD Hair Loss? Hello r/birthcontrol Im wondering if any of you have had any chronic hair loss related to the Kyleena or Mirena IUD? I got Kyleena installed in April 2020. The pose was incredibly painful and in mid July I started getting clumps of hair falling out in my shower/hairbrush. Id say I lost about 50% of my hair and have never had this effect in my life before. Since the pose was so painful, I thought it was Telogen Effluvium caused by the pose. Fast forward to January 2021, started losing hair again. This time I thought it was from stress caused by my months of losing hair. This lasted another 3 months and April arrived, hair loss stopped. Now, October 2021, hair loss started again. I had a great summer with barely any stress. At this point I dont think my hair loss is stress related. I dealt with stress for decades and never got hair loss until I got Kyleena installed. I want to remove my IUD and crossing fingers this is the reason, I dont see any other way. Anyone have a similar experience? Did anyone remove their IUD and had hair loss stop after? I havent experienced this personally but I remember seeing someone post about it so I did a quick search. If you type IUD hair loss into the subreddit youll see some stories as well, if its any comfort it seems like it comes back after being removed. Best of luck and sorry youre dealing with this! Yes I did see those! Nervous to change things up but I guess it cant be worse than now. Thanks for you help :) i had minor extra shedding in the first few months i got my IUD, which regulated on its own within the year of getting it, but it sounds like what youre experiencing is more severe. i would talk to your doctor about your concerns. its possible that you might have an estrogen deficiency or elevated testosterone that could be contributing to the hair loss. have you lost a significant amount of weight since getting the IUD? My weight has been pretty stable. I actually took two blood tests that my doctor told me came back normal so this was most likely stress related. It doesnt make sense anymore. Ive had much higher bouts of stress in my life than in the past 2 years without any impact on my hair loss. I am going to talk to my doctor about this. Im just worried she may tell me the exact same thing everyone has been telling me again and again. Ive seen some posts on Reddit about the same issue happening but no mention of it being chronic. could you possibly be anemic? low iron can also cause hair loss. possibly PCOS? hope you figure it out soon. i know how frustrating knowing something is wrong with your body and feeling like no one is hearing you. Up to now it looks like none of these because my blood levels are good and I show no signs of PCOS. Thank you, reddit has been helping me out a lot with feeling heard. Looks like other people also have this issue. Hoping this change will finally resolve it! According to the full prescribing information, alopecia (hair loss) occurs in 1.0% of Kyleena users.

Pregnancy scare Kyleena Ive(22F) have had my kyleena for 2 years and I recently started having frequent unprotected sex with my friend(22M) and Ive noticed now Im spotting, having on and off cramping of my lower abdomen, back pain, and Im starting to have clear stretchy discharge? Is this normal has anyone else experienced this? I will be buying a pregnancy test later just in case. is the discharge like egg whites? I take pregnancy tests regularly with IUD (first Mirena, now Paragard) because ectopic pregnancies can be fatal so I want to catch it as early as possible. It could just be a coincidence as the amount of hormone being released is decreasing with time and your side effects can change with that. [Kyleena full prescribing information pdf ](http://labeling.bayerhealthcare.com/html/products/pi/Kyleena\_PI.pdf) &gt;Low doses of LNG are administered into the uterine cavity with the Kyleena intrauterine delivery system. The in vivo release rate is approximately 17.5 mcg/day after 24 days and is reduced to approximately 15.3 mcg/day after 60 days and to 9.8 mcg/day after 1 year. It then declines progressively to approximately 7.9 mcg/day after 3 years and 7.4 mcg/day after 5 years. The average LNG in vivo release rate is approximately 12.6 mcg/day over the first year and 9.0 mcg/day over the period of 5 years.

This may be a long shot... Has anyone experienced erythema nodosum flare ups as a side effect of their birth control? Specifically Mirena? Ive had flare ups in the past before getting my IUD but after losing about 80lbs and changing my diet, the flare ups pretty much stopped for several years until recently. This flare up is almost as bad as when I was severely overweight. Ive kept the weight off and the only thing that has really changed was getting my Mirena. Ive had bloodwork and chest x-rays to rule out the big causes of EN. Im just wanting to see if could be the IUD, my diet, or something environmental that is triggering the flare ups.

bloated on junel fe 1/20 ive been on junel fe 1/20 for about five months now. ive been feeling really bloated despite eating like i usually do. been going to the gym more than ive ever gone. i weighed myself and gained around 10 lbs. did anybody else gain weight or feel bloated on junel? i made an appointment to talk to my OBGYN. should i switch birth controls? maybe try Mirena IUD? I really dont wanna go on a copper IUD after hearing all the bad things. I just started Junel a week & a half ago because my insurance stopped covering my previous bc (Lo Loestrin). Just in this week Ive been extremely bloated and my weight seems to be slowly creeping up even though Im actually eating a little less and still exercising & everything. Its stressing me out so much, I want to just stop taking it but I know my acne is gonna go nuts if I do :/

Kyleena removal I recently got my Kyleena removed after 11 months of having it. Ive been experiencing a lot of mood swings as well as lots of dizziness. Has anyone else felt this ? Its most likely a drop in hormones or your hormones regulating themselves back to normal. Your period cycle may change too, everyone is different. When I got off of hormonal birth control I was moody, my eczema came back, hormonal acne happened-\_- and I started to get migraine attacks. Everything balanced out for me after about 7 months. Just hang in there, you should feel better soon and like I said everyone is different, it can take weeks to months for some people to feel normal again and for everything to regulate.

kyleena + anxiety/depression [deleted]

Rod removed - Dr said my side effects shouldnt of happened So bit of a rant and asking about side effects also TW talking about weight/eating and mental health issues (for reference I am now 23yrs old. I got the rod in 2020 when I was 20) So Ive gotten the rod removed and the Dr asked if there were any side effects? And I said just no periods, immense pain, gained weight - he cut me off and said the rod doesnt cause weight gain darling? Now Ive suffered from an eating disorder since I was 8yrs old, became a vegetarian at the age of 10, lived on bottles of caffeine as meal replacements, I maintained my weight for 8yrs (from ages 10-18 I was always thr same weight) until I had to add chicken to my diet because of other health issues. But even adding that I only gained 1-2kg and I was okay until 20, when I got the rod. Once that rod settled in I gained weight almost instantly (I mean like i gained 20kg+ in less than 6 months) and that impacted my body image, mental health and I was just so messed up. I ate less and less but I still continued to gain weight. So to my fellow implant lovelies- did you also experience weight gain? Or was it really all in my head? Im not sure if it caused weight gain for me as I gained like 10 lbs over the three years however I will say I lost 25 lbs after I got it removed. But the implant is one of the birth control methods that definitely can cause weight gain. Well, the depo-provera injection is the only birth control that is PROVEN to have the potential to cause weight gain. But there are many women on Nexplanon who believe its made them gain weight. It affects everyone differently, two of my friends and I havent had any weight gain at all with it and all of us are on the smaller side. You may carry an \*ESR1\* gene varient that may be associated with significantly more weight gain during etonogestrel (implant) use.  https://pubmed.ncbi.nlm.nih.gov/32407811/ Weight gain on the implant is not uncommon. [Nexplanon full prescribing information pdf ](https://www.organon.com/product/usa/pi\_circulars/n/nexplanon/nexplanon\_pi.pdf) See Table 4. where 13.7% of users reported weight gain. Also >In studies, 2.3% of the users reported weight gain as the reason for having the non-radiopaque etonogestrel implant removed.

I ate a whole big bag of ranch chips that have garlic powder in them. Not enough garlic to affect the implant right? Basically the title but I ate an entire family size bag of ranch seasoned chips and one of the main ingredients is garlic powder. I know garlic supplement can interact but this would be way less than a supplement right? Was only concerned bc its a powder so idk how much garlic is actually in it. Thanks! I dont think theres enough garlic in chips to affect you Wait hold up out of curiosity..garlic can make the implant less effective ?? [deleted] [deleted] Yeah I figured. Just got anxious Bc I ate so much of it lol

Pill --&gt; IUD (Hair thinning, awful skin) Anyone with similar problems? Hi, all! I am 23 yrs old and this past April, I switched over from my generic birth control pill to a hormonal IUD (Mirena). Id been on the pill since I was 15. The first few months with the IUD were great! I didnt noticed anything alarming. But come June, my hair started thinning and my skin took a turn for the worst. My poor skin has \*never\* been this bad, even in middle school and the hair thinning hasnt become too outwardly noticeable yet, but I can feel the difference and the amount of hair coming out in my brushes/in the shower is concerning. From some physiology classes I took in college, I know that the body can experience temporary tellurium effluvium (hair thinning) if there is a dramatic change in hormones. The pill I was taking previously had progestin and estrogen in higher doses (in comparison to Mirena) while Mirena only contains progestin. So Im theorizing this could be the cause? My physician said consistent hair loss is only seen in 1% of patients... I guess my hope is that its the shock to the hormone system thats causing the hair loss and not the Mirena itself. I wouldnt be asking on here, but the 6-month mark of having my IUD is coming up and Im trying to figure out whats going on and if I need it removed. Its also causing me some appearance and self-confidence issues. &amp;#x200B; \*\*TL;DR:\*\* 1. \*\*Has anyone experienced hair thinning from hormonal IUDs \~2 months post-insertion? If you did, did it slow down/stop?\*\* 2. \*\*Has anyone had their skin become awful after switching birth controls? Did it clear up? If so, did you do anything to help it along?\*\* I didnt personally experience any hair loss with an iud but the best advice I can give you is to rule it out yourself if doctors cant tell you whats going on. Im going through some of my own stuff that doctors havent been able to give me an answer to, so I got my IUD out. It may not be whats causing the issue for you, but it also could be and you wont know until you try. Obviously its totally your decision but if it ends up not being the cause, you could always get another one. I just dont think you should suffer and fear the unknown/what-if. I wish you luck and hope you feel better soon 💛 Ive never had Mirena, but when I went in to get my Paragard, the OBGYN was very thorough and told me about Mirena, and one side effect she told me is many people get worse acne on it :/ So it might not go away without intervention. But that was the only bad thing she told me about it! Might contact your doc about the hair thinning Heya, do you have any updates on this? Did things resolve? Im considering making the switch too but Im worried about exactly this issue

Kyleena IUD experience and concerns! (5 years) Hi all, Ive had my Kyleena IUD for almost 5 years now- meaning I either need it replaced next month or removed. Ive honestly loved having it regarding not having a period (until year 3, then I started getting it regularly every single month) or having to take a pill every day. But, Im starting to make some connections over the past few years with how it impacts libido, sex life, and mood. Its frustrating that there is very little research on the long-term and after-effects of having Kyleena for its entire life span, and I havent been able to find any scientific evidence that gives much closure for the concerns I have. My doctors havent had much advice, either. Has anyone had experiences with an absolute crash in libido with Kyleena? Like some others who have made posts in the sub, it is not an issue of attraction to my partner of four years, stress/anxiety (unless its sex-related due to my confusion/frustration), or home life. The first year or so of having it inserted, I didnt have any issues, but by year 2/3, I noticed that I truly have little to no sexual desire or libido, whether it is with my partner or myself. It feels honestly disempowering that my body resists doing the things that its supposed to do. All in all, Im a bit on the fence about whether or not I should have it replaced next month, try a new method (which Id rather not :( ), or stop BC all together for a bit. I would appreciate it if anyone could share their experience if they are comfortable. I really appreciate any help you can provide. I havent had any issues with Kyleena, despite my use is 2 years in. Although I am seeing the decrease in Libido as one of my symptoms. The only reason why I got Kyleena was because my doctor did want to give me a bit of hormonal control with my PCOS. Although, it does seem like a nice idea to not have to use BC for a while, however it entirely depends how youve needed BC and consider whether continued use seems more ideal for you or using it when needed. Did you use kyleena as your only form of contraception? People say that the hormones are local, but I dont think so Ive been amazed at how much of a different person i am off hormonal birth control 3 months out from stopping it. I am so much happier. Would you consider the copper IUD? After coming off hormones i realised my period had actually gotten lighter over time and my natural period was lighter than on the pill, and still really light with the copper iud. Good luck xx Im in the exact same boat as you and your experience is the same as mine basically to a T. Im debating trying the Mirena next even though its more hormones (I love having no period), or nexplanon. My kyleena was great the first 2 years when it was releasing the most hormones, then my libido all but vanished in a day. I also have days where I just feel angry or anxious for absolutely no reason, not sure if related or not but just something else that might be a side effect. Replying to OP and you, I feel the exact same! My libido is totally gone, Ive had my Kyleena in for four years and Im done, getting rid of it on Friday (in four days). Was fine for the first two years and the past two years Ive been so anxious, unconfident, randomly angry and just feel so low and have no libido, get it out of me! Ten years of various birth control and its time for my boyfriend to stick a condom on it, its his turn 😂 Hi, Im on year four & my iud expires next month. I always had teen acne but my breakouts were clearing up a little before my iud. The first year was fantastic, my acne even cleared up fast than it was before I got it. Year two was full of UTIS & yeast infections despite how clean I was being. Maybe it was the guy I was with but I found nothing was wrong the first year I had it & I was with him. Weird it would start a year after. Ive noticed a lower libido, mood changes, & energy levels not very high. I luckily had no problems with periods or weight changes. I even had it improve my periods considering they were so heavy before I got my iud. Ive enjoyed it but Im concerned about what the unnatural hormones are doing to my bodys natural rhythm too. I get mine replaced or out next week & I think Im going to get it out. I got this IUD placed 4 1/2 years ago. This past year has been the worst year of my life. Hair loss, extreme fatigue, nausea, dizzy/lightheaded, joint pain, anxiety, and feel like Im on autopilot. All my tests came back normal. After doing some research, I read other people have felt the same way after getting/while having the IUD. Im having it removed this Friday. I wish someone wouldve told me the damage it causes neurologically and with your endocrine. Will never be going back on any birth control moving forward. Hi! Just curious if you have any updates since you got your Kyleena removed? Im in a similar boat right now and would love to hear more about your experience.

Kyleena Advice I am desperate for advice on whether or not I should consider getting my IUD removed.. I got my Kyleena inserted July 8th. The insertion was a pain but I lived. I cramped pretty severely for a couple weeks and spotted for about 3 months. Im now at the point where I am not bleeding at all. However, I now have horrid acne on my face and back and have gained 20+ lbs. This has taken a huge toll on my already struggling mental health. The IUD is the only factor that I can think of that I changed that would be causing these problems. I have been trying to give it the benefit of the doubt and wait it out but Im very close to just giving up and taking it out. Any advice helps. Im in the same place where you are and Im giving in and removing it as soon as possible. I plan on going back to the BC I used before Kyleena, but Ive been reading posts about how acne after removal still hasnt been resolved. Id much rather remove it and try and sort everything out after, than try to deal with everything bad it has brought me. Especially knowing its contributed to a steep decline in self esteem and mental health. I hope it gets better for you after whichever decision!

Your expereince with the Merina IUD? I am over a year into having a copper IUD. Honestly, the pain I have during my period is becoming unbearable at this point. Ive always been very against trying hormonal birth control because Im worried it will make my (already very bad) mood swings/skin even worse. Ive heard the Merina only release hormones into a small part of your body so the side affects arent as bad, but what are your experiences? As Im considering swapping IUDs... Personally, the Mirena IUD has been great for me. I havent had a period for a year and havent had any negative side effects. :) Thats good to hear, I just got it on Wednesday and Im super worried like OP because of all the crazy stories😭 I have an ed and the weight gaining part is freaking me out but Ive been on other bc over the past 3 years Thats reassuring!! :) I have hypothyroidism and PCOS, so weight gain was a major worry for me too BUT Ive lost about 50lbs while being on this! :D If you have any questions about the insertion process or the settling process lmk! Happy to answer your questions. :) I have been on Mirena for over a year. My side effects have been awful, with headaches, mood swings, and overall bad pms. However, my sister is also on Mirena and has had no side effects. Itll really depend on how your body handles the hormones. The search function and consolitated experience post will have a wealth of information as this is asked daily