Iud removal Hi guys, Just wanted to give my removal experience as I know myself and so many others look here for others experiences. The reason for removal: I have experienced so many things and when I saw others on Reddit with similar complaints, I wanted to try removing the iud to see if those would help: -weight gain: I want to say Ive gained almost 45/50lbs since insertion &lt;—- please note some of this is totally from my own poor habits as I got tired of trying so hard to lose weight and nothing happening. -low sex drive -high anxiety My IUD removal was super easy, I spent more time sitting in the waiting room than the removal itself. It was a quick pull, about 1-2seconds of an intense cramp and then it was done. It was literally about 2 minutes max. Its been two days since and I have noticed the following things: -my face looks slightly slimmer and I am 1-2lbs down on the scale -I am bleeding, not heavily, similar to a period. It might be my period as this is my usual cycle timing. -I have way more energy -my anxiety is so much less consuming.I feel like my head is clear and I am just living in the moment. If youre even considering IUD removal, please do it! Ill come back and update this as time goes on. Did you opt to immediately get on a different type of bc and if so, what type? Also, assuming you had a hormonal iud? Sorry, forgot to mention, I had a hormonal iud for 5 years. Hi! Yes hormonal iud. I decided to go hormone and BC free to let my body regulate itself. Itll be condoms from now on! Thank you for posting!! I am have the EXACT same issues with my hormonal IUD! Im still on the hunt for a replacement as I wont feel confident enough with just condoms, but this is hugely comforting that the process was smooth and youre already seeing changes! Hey girl! You are not alone! The process is different for everyone but happy to offer any advice or help. I know its not the quick fix but I hope that itll at least help me actually lose weight. I feel I have the energy to enjoy life again I did the same thing last spring after 11 years on hormonal birth control (depo shot, then different kinds of IUDs). I had no idea how badly I had been affected by birth control because Ive been on it my entire adult life. I lost about twenty pounds almost immediately, my skin has been better, sex doesnt hurt anymore (it would hurt my cervix from time to time with the IUD), bloating that had been part of my everyday life vanished. On birth control, I didnt have regular periods, but I still had monthly cramping for longer than a week and it was excruciating. Now I have regular four day periods with almost no pain. I didnt want to immediately switch to anything because I just wanted some time to listen to my body, and IUD insertion has historically been very painful and traumatic for me. My husband was heartbroken about how cruel birth control has been to my body. He says I dont care what we have to do, we are never putting you back on hormones. Ill take a turn with birth control if thats an option. Can I please ask which one? Im starting to consider a hormonal IUD at my doctors suggestion but am pretty hesitant. Dang, I wish I had that option for symptom management. I also dont know that I would be confident enough with just condoms but I hope you get back to where you want to be and find something that works for you! If you dont mind me asking, do you have insurance and if so or not, how much was the removal? And in what state? Hi, Sorry, I am located in the UK, so I did not pay for insertion or removal or the iud. I hope someone else can help! Thank you so much for sharing! Its these post that are keeping me positive and focused on letting my body adjust. Already losing weight consistently every day I know! Its so hard, my husband and I talked that this would be an age where we would be okay if I happened to get pregnant, its totally a different topic for everyone and I know if I were younger or single Id feel way different Hi! Sorry, I dont remember which one, it was the off brand of the mirena, I believe it was definitely either skyla or Kyleena. Can you do non hormonal birth control? Not to scare you, but if I could go back five years, I would never have got on hormonal birth control! Thats okay--thanks for the response either way! Mine suggested Liletta. But its funny, I went down a whole copper IUD rabbit hole last night after I responded to your post, and I think I will try to stay away from hormones if I can. Ive been on the NuvaRing for 8 years and really like it, but everything I tried before that \*really\* messed with me. Literally going through a similar thing. Got my Kyleena taken out today, mainly because it was causing so much acne and I could not bare it anymore. I am going birth control free and semi freaking out about it. My husband and I are prepped for what could happen, but def not trying to have kids right now. I unfortunately havent lost a lot of weight in the first week but I have deffff lost inches, my face is less puffy and my clothes are fitting a lot more loosely! Hoping the pounds will continue to come off I will say, if you havent already, get your thyroid checked. My friend had major weight gain with birth control and came to find out her thyroid was actually causing her problems. Hi, Thanks for the heads up but Ive had everything checked and its all normal even my full thyroid panel, Ive lost four lbs in the last week but was hoping for more haha Hey people, Just wanted to provide an update here as I am getting close to 3 months since IUD removal -my periods came right back and have been completely normal and on time -I have now lost 8lbs in total without changing much at all -less anxious overall -more motivated to exercise and eat well bc the weight is finally coming off Hope it helps!

Trouble with regulating mood Hi there, Im 32 years old, and two years ago I got my Mirena removed, after 7 years (changed once). It was great, I barely had a period in the 7 years and it seemed to keep me even-mooded. The only problem with it was that I put on so much weight with it, like a lot...30kgs in 7 years. I got it removed to see if it would do anything to help make weight loss easier. It hasnt, Ive put on a further 7 kgs in 2 years, but also in that time I moved into my own place, and the pandemic hit, so not sure if those are influences. Basically I just put on and hold weight really easily. My period bounced back to normal and is very easy, 2 days (one light, one heavy, then done). But the other big issue is that a few days before my period, I get uncontrollably irritable. Like I go to a really dark place mentally. I fear impending doom and I feel like others are out to get me. I went to the doctor about this, as it was getting worse, and for longer periods, each month. She put me on Microgynon 20. So far, just under a month into it, Ive got spotting and the mood issue is still lingering. I feel really anxious, on edge, suspicious of others, and just generally low. I have to fight to not snap at people. I also experience a headache at least once a day. Has anyone experiencing this? I dont think the Pill has been the right answer to this issue. Should I just get the Mirena put back in?

Ive been on hormonal BC for 15 years since puberty, and I dont feel like myself but I am TERRIFIED of the consequences because I have no idea what Im actually like without it I want my Kyleena IUD removed because I think it has had an impact on my mental health and libido. Ive had anxiety and depression since puberty. Its hard to tell at this point if its the IUD or my Wellbutrin needs an adjustment. Its so hard when you have more than one variable. Over the last year or so I have developed symptoms of PMDD. Im supposed to double up on my buspirone for two weeks before and during my cycle but i have no period and its so difficult to pin down. I had a mirena before kyleena and nuvaring and various oral pills before that. Three years into the kyleena I feel like my symptoms have intensified. Before hormonal BC I had acne and intensely heavy, painful periods. It feels like it would make sense to remove my kyleena at this point to see if it helps with the other issues Im dealing with. But what if it doesnt? What if it goes the other way? At year 3 of my mirena I had to do a course of Accutane. Which perhaps is coincidental because the breakout wasnt really hormonal. Is my kyleena giving me issues now because the hormones are tapering off? Im on spironolactone now and Accutane did wonders for my skin so Im less worried about the acne but the bleeding and pain potential is scary to me. Or my mood tanking even more. I feel like there are no good choices and I wish a doctor could give me more assurance about how this would go. Disclaimer, I am not a dr, Im just someone whos also had some weird stuff on the IUD and had to switch! Have any of your drs mentioned PCOS? I was diagnosed with it and switched from my IUD to a specific pill, bc the form of progesterone used in the IUD chemically looks very similar to testosterone. That was aggravating my acne (even after two rounds of accutane), making my hair fall out more than usual, and causing lots of random dark hairs to grow on my chin. The birth control pill my dr prescribed was specific in that the types of hormones in it didnt look like testosterone. These days my skin hasnt looked better, and although its annoying to have periods again theyre not as much of an ordeal as they used to be (I was consistently cramping badly enough to cry). I just started using Nextstellis and in 1 month Ive already seen major differences in my mood. Hormonal birth control where the hormones dont increase each week is also an option. The thing about my IUDs has been that my physical symptoms have been amazing. I do have some mild cramping and back pain around when I would bleed but its so tolerable. Ive always had PCOS in the back of my mind - I dont have cysts though. I know you can have PCOS without cysts of course. Im not overweight and I dont have hair loss or excessive hair growth. Painful, heavy and irregular period history could be due to endo which my mother has. I was on hormonal BC for \~18 years and Ive been off for about 9 months now. You have no way of knowing until you try it. Just give it a shot and if you dont like how you feel, you can always get back on BC. Its not going anywhere.

One week post nexplanon removal Hi! I just wanted to tell my experience of my first week being off of nexplanon after four years of having it in. Ive had birth control for the past queen years now and on nexplanon for 4 of those 10. The first time that I had it, I didnt really notice any major problems with it. I gained about 15-20 pounds over the 3 years, had my acne flair back up, had some pretty bad anxiety, etc. but I already struggled with my weight, acne, and anxiety before that so I didnt think think anything of it. I got the nexplanon replaced in April and I wish I never had. I gained 40 pounds since then, was constantly bloated, had no libido, suffered really bad body dysmorphia, and my acne started flaring back up. I finally decided to have my OB take it out and not be on any hormonal birth control for at least 6 months. Its now been one week since Ive had it removed and my pros are that Ive lost 9 pounds, had less cravings, felt less bloated, feel like I have more energy, and my libido is starting to come back. My cons are that my arm was sore, had pretty bad headaches, felt nauseous in the mornings, and am still feeling very emotional. While I liked the fact that the nexplanon was in my arm, I only had to get it replaced every three years, and I didnt get my period that frequently, the weight gain and low libido were not worth it. I dont feel all the way back to myself yet, but I feel a LOT better than I had. Nexplanon made me so depressed that I became suicidal. Would never recommend it to anyone!!

IUD killed my orgasms? So I have been on IUD for over 4 years and in the past I have been on the pill but I didnt have so many problems when I was on the pill. But for about 4 years now I havent been able to climax and my sex drive has almost despaired and alot other side effects with it. but its first about 2 months ago I even thought of it might be my IUD to Blame. Ever since I got it in getting to climax is almost impossible. Have anybody else experienced similar problems? Hormonal IUD? Copper? I had libido issues with Mirena, one of the reasons I decided to change. Hormonal IUD but Im not sure if its Mirena I have or not. I had the opposite happen - after having my iud removed it felt like getting there took ages and formerly sensitive spots didnt work anymore. Im glad to say that everything went back to normal after a few weeks. I experienced that with my hormonal IUD. I now have a copper one and HOLY what a difference it made.

1 Month on Nexplanon I got my nexplanon put in about a month ago now and Ive been really happy with how its been going so far. I havent had any spotting and its looking like I wont have a period at all for this month, which keeping my periods light/nonexistant was one of my biggest concerns about switching BC. I have been feeling a bit moodier, but not really anything out of the ordinary. About a week and a half after getting it put in I started feeling really motivated to start working out again so thats been a plus, and Ive been able to push cravings down a bit. My sex drive hasnt been affected at all, if anything its gone up. I had a bit of chin acne at the very beginning because I went about a week between stopping my pills and getting the implant put in, but my acne has cleared up. If anything, I will say Ive been extra fatigued recently, thats the worst symptom Ive had, just not feeling like I can get enough rest, but Ive also been weaning myself off caffeine so… who knows. I was originally on Slynd and Im glad its been an easy transition. Just wanted to share a tentatively positive experience.

Removing my IUD finally got rid of my chronic BV once and for all 🥹 [deleted]

Weight Gain with Kyleena? Has anyone experienced weight gain after getting the Kyleena IUD? And if so, how soon after the insertion did you notice the weight gain? I had my Kyleena inserted in May 2022 and I started noticing weight gain, particularly around my lower abdomen and back, about 3 months ago. I havent had crazy lifestyle changes that I would attribute to this drastic body fat increase but I would also think that I would have noticed weight gain from the Kyleena much sooner after insertion. Any advice and personal experiences would be greatly appreciated! Ive been reading on here to see about other peoples experiences. I am 5 7 currently 186lbs. Im the heaviest I have ever been. My old max was 150. About 5 years ago I started the pill, then switched to Kyleena about 3 years ago. Despite increasing exercise and watching diet, my weight has not gone down once in the last 5 years. It is very frustrating because of all the positive changes I made... working with a trainer, a nutritionist, paying $$ for HIIT workouts multiple times a week. Although I see some new muscle definition, my body fat percentage is the same and is too high by all standards. Currently thinking about getting off of Kyleena and switching to the copper IUD. I have wondered the same thing. I got my Kyleena in February of 2021 and at that time was around 160 (height is 53). After that summer, Ive only consistently gained weight. Ive been working out regularly, mixing strength training and cardio, eating at a caloric deficit, Ive tried tracking macros, all of it. Now Im at like 185 (I try not to weigh myself that often, bad on my mental). I have taken a lot of progress photos to see how my body is changing since I dont like the scale and Ive had a pretty noticeable gain in my lower stomach and definitely my back area like youve mentioned. Im starting to wonder if its due to my Kyleena but theres hardly any research I can find about it. Everything I read says its likely water retention, but 20 pounds doesnt seem like it could be just from retaining water. I havent been perfect with my lifestyle by any means, but I never thought Id gain 20 pounds while attempting to lose or at the very least maintain weight. I have an appointment with my doctor next week, hoping to figure out some answers. Sending good vibes to you and anyone else experiencing this! This is so similar to my experience- did you make the change to copper?

Kyleena gave me weird dreams I got the Kyleena IUD inserted four days ago, and the most unexpected side effect Ive experienced so far is the most bizarre, vivid, and uncomfortably emotionally-charged dreams. Im talking four crazy dreams last night, and I was waking up in the middle of the night for two nights before that. This is kinda bothersome because I dont function well without solid sleep. Pretty sure its from the progestin. Did anyone else experience this and did it go away eventually? The only other answer I could find was a yes, but it was very old and related to Mirena rather than Kyleena. I want to hear others experiences. OMG, Ive been having weird vivid crazy dreams too and I got my Kyleena in on May 31st… wtf is this all about lolllll I got mine just 2 weeks ago and last 3-4 nights have all had disturbing dreams :( cant find info on kyleena as much as mirena I have some good news! Im on month 4 now I can say that the bizarre dreams/nightmares went away after the first month or two! Happy to hear that!! I know this thread is old. I got Kyleena installed a week ago and the past week- Ive been having very vivid dreams. I figure it has to be a side effect of Kyleena. Im glad Im not the only one who has this effect- even if the drug doesnt list it as one. I also read yours went away after 2 months- hoping mine eventually calms down. I got mine 2 weeks ago and Ive been having extremely vivid nightmares, and a few very weird dreams. Oh my gosh, Im so glad to find this post! I got my Kyleena IUD 2 weeks ago and I have had the worst nightmares consistently, since. It is so disturbing. Hopefully, like another commenter, they will subside soon. At least we are mid Halloween season to make is slightly en vogue. did this ever go away for you so far? i got my kyleena almost a week ago and im calling in an hour to see if i can get it removed immediately, ive been consistently sad, i cry at the littlest things, and i get angry easily. the main problem is the dreams, theyre literally like horror movies. i woke up bawling today after i was dreaming my grandma had died, and no one in my family cares but me- and then for some reason my dad was getting ready to die in some traumatic way too.

Prenatal vitamins and nexplanon Is it safe to take prenatal vitamins on nexplanon? Im taking them for my hair and nails for the past two months. But I noticed it feels like my period is taking its sweet time this month. I do feel some of my pms symptoms, anxiety, depression, zero motivation and lack of interest in my usual routine,bloated a little ache and light headache and cramping. I heard the vitamins can lessen the symptoms and bleeding. But does it interact with nexplanon? Should I be worried? Or am I freaking myself out? Yes, its just a multivitamin with some extra iron and folic acid. No interactions there.

Nexplanon removal side effects? Ive had my nexplanon in for 2 1/2 years and have recently been thinking of getting it removed. During this time I gained about 70 lbs, obviously I dont think it was all the north controls fault but its also been much harder to try and lose weight. So does anyone have any experiences with removal and weight loss? I might go on another bc method right after but havent figured it all out yet. I lost weight after mine was removed, but I also started slynd right after. I did have gallbladder out a year later but I had started losing weight before that. Yeah Im hoping to only have to be on another BC for a few months after, we are planning on my husband to get a vasectomy soon but I know it can take a few months for the swimmers to go down to 0…but Im just tired of the nexplanon!

IUD removal Context: 3 weeks ago I had my IUD removed, as after 14 years on BC, want to see what life is like without it. I also have ADHD, which is medicated. Im curious to know your experiences when coming off this, especially if youre neurodivergent. FYI: I was expecting to have a smaller appetite which would return to normal after a week or so, but I still dont really have much of one. I feel more clear headed and to be honest, even on stimulant medication, my anxiety has disappeared. I usually have awful PMS, but I felt ok this week!

Removing my iud now because potential weight gain from Mirena Lets see in the next following months. Yes, the nurse asked if i gained weight, had lots of anxiety changes and i said YES. I removed my Kyleena for the same reason last month (Nov 9.) Replaced with the Mona Lisa Mini. Okay, I had before Copper IUD and I had to remove it because my body couldnt hold it. How was your experience with the Mini? So far so good. Periods medium flow at worst, 5 days no cramps. Feels like nothings there lol. Lost 6 lbs since removal so thats promising. Mirena made me gain so much weight in like 7 months :( Sorry to hear. Are you taking any actions? Yes! I had Mirena removed last august so about a year and 4 months ago. The weight eventually came off but I think it really messed up my hormones because now I have bad acne. Right now Im trying to use birth control and tretinoin but it doesnt seem to be working. Edit: birth control pills! I also had weight gain after 3 years with mirena. No life changes or diet changes. Was causing several symptoms and feeling much better after switching to Eluryng I just got mine removed as well, for a whole host of reasons. I always suspected that weight gain was just one of many things that Mirena was doing to my bad. Did you feel like it was easier to lose weight after you had it removed?

Nexplanon help I (19) just got the nexplanon birth control implant about a month ago and recently Ive had major hair loss and have been lashing out and just feeling very upset and emotional. I have days where I just cant stop crying or where Im mad and dont even know why and Im not sure if I should just take the implant out or not. I just keep feeling depressed and I keep lashing out at those closest to me and Im not sure if its only going to be like this for a little bit or its ongoing. Im always in such a bad mood from the littlest things and its uncontrollable sometimes. Any advice or help please.. Oh dear. I am so sorry! Those are pretty severe symptoms. I have Nexplanon and I have not experienced those. I do get cranky and stuff and I bleed all the time but no hair loss. Everyone experiences BC differently. This method might not be the best for you. I hope your symptoms calm down 🙏 otherwise maybe ask your doc to help you pick something else ❤️

Does anyone else get severe cramps when you get hungry w IUD? Since ive gotten my IUD, when i get hungry or its been while since ive eaten, my cramps and nausea go through the roof. has anyone else experienced this?

Implant weight gain Anyone else experienced sudden weight gain on the implant and struggling to loose it ? Its getting me down , and Ive developed stretch marks on the front of my tummy now which Ive never had !

Best skin products for hormonal acne??? I got the kyleena IUD almost 4 months ago and ever since my skin has been breaking out so horribly. Some of them are cystic and painful, others are just hundreds of tiny bumps on my face. Im getting it on my shoulders, chest and back too. Does anyone have any suggestions for acne products that were successful? I just saw my dr and she recommended I try something OTC before getting a prescription - probably something with salicylic acid or benzoyl peroxide. Thank you! (Im desperate!!) Hey, I dont want to discourage you. But Ive been there, and I know how horrible it can be. Though I did not have a IUD, but they are notorious for causing acne, Id really consider taking it out and finding another method. All acids/aha/bha just angered my already troubled skin. When I finally got to a dermatologist he said there is no way you could have gotten rid of this yourself and put me on accutane. Again, I feel you and I dont want to scare you, many have had better luck than me and you might to :) I just regret wasting so much time and money on skincare when hormones where the problem. Ive heard great things about Paulas Choice Clear-series, it worked good for a friend with less severe acne Thank you for the suggestion! I will give them a try! Its worth a shot anyways.

Parting ways with my Kyleena and letting others know they are not alone. I have had my Kyleena since July of 2019, so I am well over the halfway point. For the past year or so, I have fought with the idea of having it removed and getting my old life back. After every debate, I always tell myself to stick it out, things will get better. Its just a bad day. You really cant get much better than the effectiveness it provides, so I always used that as a reason to continue. The past few months have worn me down. In the past few years, I have expressed my side effects to doctors only to be told that the IUD doesnt cause it. I always turned to Reddit and found comfort in others experiences knowing people were going through the same thing as me. As far as stomach issues go, this is where many of my problems lie. I spent a year healing from chronic gastritis. I had to follow a low FODMAP diet and dealt with constant stomach pain, bloating and constipation. This all started after getting the IUD put in. On top of this, I developed food allergies, which included foods I had eaten all my life. I have since healed from the gastritis, but I still spend every single day bloated and looking several months pregnant. I have gained about 20 lbs or so, all while eating very clean and working out 3-5 days a week. Im active and spend most of my time outside. The bloating and excess water weight have increased the number on the scale. As far as the other side effects go, Im constantly nauseous, sweating and warm, have migraines, extremely painful cramps (worse than a normal period for me), hair loss, anxiety, sadness and much more. I spend days trying to relieve myself of the symptoms and this can be very discouraging. I know theres not a ton out there as far as side effects go. I had a hard time finding information and instead leaned on others experiences. Sometimes it is hard to distinguish what is caused by birth control vs. the stress of everyday life, but once you make the connection, it is noticeable. This time it is for real and I am excited. I want my old self back. I want to feel energized, motivated and healthy. Kyleena has taken that from me these past few years. I plan to let myself heal and learn my body. For those of you who are currently struggling and going through what I have, Im sorry. The birth control journey is HARD and it may not agree with everyone. You have to do what is best for you and know there are others who have experienced the same. I wanted to share my feelings on the topic because I know I turned to Reddit many times when I needed to feel validated about the struggles and side effects of birth control. Posts like this help so much, especially after months of feeling like youre losing yourself and nobody understands. I have pretty much the same symptoms youre describing and am seeing my doctor next week to hopefully go off of birth control (pill). I hope it goes well for you and youre able to heal! I just got mine put in 2 months ago, and have had crazy weird symptoms that are also not related (according to the doctor) to kyleena. Ive also been out of town a lot this summer so I was blaming my weight fluctuations to that, but there were some days where I felt so bloated and just sad. Im going to give it a few months to see if things change, but its nice to hear from someone who has had it longer to know if they dont go away that it could be related to the iud. Also my periods have been CRAZY long and painful (but I know theres an adjustment period of 3-6 months or so) so we shall see. Thank you for sharing:) I am in a similar position with my Kyleena! I dont have a backup BC plan so Ive just left it for a year and its mostly fine but some days the awful cramps and what I suspect are hormonal issues make me want it out. The pain has gotten better over time but thats mainly because the beginning was so bad. Idk if Ill keep it but your story is really great to hear, good for you had a terrrible time with kyleena as well, several gynos told me the things i was complaining about were not related to the kyleena, (cystic acne, severe mood swings) yet my dermatologist told me he has had several patients for whom the kyleena caused cystic acne, and i have found many people report similar things here on reddit, finally made the decision to get it removed, and while the first three months were pretty awful while my body was adjusting, i finally feel more like myself again, thanks for sharing this :) Could you update and let us know how you and your symptoms are once its out? I just got kyleena put in a couple days ago and am going to watch how my body reacts to it Im sorry to hear that, but good for you for taking control of it! Im sure it will be rewarding in the long run. Thank you and best of luck to you💕 I had my mirena taken out this past January in order to become pregnant, but even after this pregnancy Im never going back to hormonal birth control. I have depression with suicidal ideations, ptsd and borderline personality disorder. I self harmed for a very long time, despite the intensive therapy and general overall progress I made in my mental health. I havent felt the urge to self harm since getting it removed. My mental and emotional state has been pretty stable for the most part. Never again. Of course! I figured it would be good to get some of my personal experience out there, since it helped seeing what others felt with theirs as well. Two months is still early to tell, but I hope it works for you! I wish you the best! Thank you so much, I am glad it can help others. I hope all goes well for you! Listening to our bodies is so important. Wow, good for you! It seems like you really made the right decision. I know how hard it can be to decide to take it out, but Im so happy to hear youre better. I also appreciate you letting me know the adjustment afterwards can be a bit rough, I will make sure to prepare myself. What did you deal with after removal if you dont mind sharing? Of course! I will try to update how I feel and what I experience. I think transparency on the subject is so important for awareness. Whats crazy is that I saw this almost a week after I got mine out. I was absolutely miserable with cramps, and even after a year I was still having 2-3 week periods! I felt like it was only me because everyone on the threads ive read loves their Kyleena. Im seriously overjoyed about having it out, and Im so excited to be back on the pill. 😩 youre not alone! hey! i just got my kyleena out last tuesday and so far ive just been having bad migraines. I am so sorry to hear you experienced all of that. I hope you are doing better and continue to heal. Glad youve made the decision not to go back, we are really better off without it. Wishing you all the best 💕 So happy you decided to get it out. I cannot wait for my removal appointment as well! Sorry to hear you went through something similar. Hormones are awful! Seriously! Absolutely love the idea and peace of mind of the iud and I really wish it wouldve worked out for me. Went through hell and back just to get it out this soon. Yes! The set it and forget it mindset was so nice and it is so convenient not to have to worry about remembering to take a pill or something like that. The convenience is what sold me, but ultimately not a reason to suffer through another two years! Thank you for your post and for pointing me to it! I hope you get better after its out. I felt so happy the first few weeks having no symptoms, and then suddenly I cant bear to be alive. I was going to wait for the 6 months, but honestly I dont want to keep living like this for much longer. I went on the IUD to have easy contraception for me and my boyfriend, but I told him I think I need it removed or else our relationship might not last longer because of how crazy I feel! I also have the stomach issues, where before I never had much issues with my (somewhat poor) diet. My PCP diagnosed me with an inflamed stomach but I dont want to take the pills yet in case its just stress/IUD related. Everything points to physical symptoms of stress without any real stressors besides the IUD. Also a lot of my symptoms are also common with POTS and Ive never had those symptoms before, so it leads me to suspect my Kyleena. Mirena treated me similarly, proud of you for reaching the conclusion to remove it! I hope you return to being yourself quickly, healing after an HIUD that didnt work for you can take a bit, but I hope you bounce back soon. Congrats chicky. Im getting Mirena taken out in a couple days for some bad side effects. Before it never had ovarian cysts. Two years after I got it I started getting them and developing polycystic ovaries. My Gyno said the Mirena wouldnt be causing them. After about two years having horrible cramps, being emotional af, PC ovaries, and the last period having to take Oxycodone for pain, Im done with it. Scared of whats to come but Im so uncomfortable now. Its not worth it for me anymore. Plus Im sterilized anyway so pregnancy isnt a scare for me. Thank you so much! I appreciate knowing what to expect in terms of removal. Glad to hear you decided to escape the dreaded iud as well! Of course, you are more than welcome. It helps SO much to talk with others about what their going through and also ranting about your own experience. I will say its hard to distinguish what is the adjustment period and what your side effects will end up being long term if you decide to keep it. Mood wise it is very difficult and can impact your ability to function throughout the day. It can make it so much harder and I feel for you. I hope you figure things out and make the decision that will be best for you in the long run. :) Thank you and it sounds like a congratulations is in order for you as well. The idea of IUDs is great, but its not worth dealing with everything it throws our way. Heres to feeling more like ourselves and quick healing💕 I struggled through Mirena

extreme mirena weight gain has anyone else dealt with crazy weight gain after iud insertion? before the mirena i was tall and extremely thin and i could never gain weight even if i are complete junk. after i got it in i began noticing this INSANE weight gain… literally 50+ pounds in five months. once i began noticing it i started eating healthy and working out but NOTHING worked, the scale just kept climbing. so i finally got it out because i had determined that it was the only factor that had changed. my weight has now stabilized but i am left insecure and very chubby. the weight is extremely hard to get off, it wont budge no matter how many diets or exercises i try. my mom doesnt believe it was just the mirena but i cannot for the life of me come up with a reason why my metabolism would change so quickly and randomly. has anyone else experienced this? and what has been successful in getting the weight off? Hi OP. While there are lots of things that can cause weight gain, the timing certainly suggests the IUD could be a reasonable source. However, people on the internet cannot give you any insight on this issue, in terms of whether or not the IUD was definitively responsible. What did your doctor say when you requested it removed? My advice is to consult with your doctor about whether this hypothesis seems reasonable (and to rule out other causes, like thyroid issues or similar) and what you might be able to do about it. There is a lot of research into the association between different BC and weight gain. IF the introduction of hormones WAS somehow to blame, there are a number of mechanisms by which it might effect weight gain. Depending on how long ago you had the IUD removed, these effects could still be lingering. The main mechanism by which contraceptives seem to be associated with weight gain (particularly progestins like levonorgestrol) is by affecting appetite. It may be that you were spurred to start taking in more calories than what was your previous norm. Again, depending on when the device was removed, these effects can linger. It could also be (as mentioned above) that the progestins triggered higher thyroid hormone activity (in which case, again, consult your doctor to actually find out what might be causing this sudden gain) To your question about keeping the weight off, on the (unconfirmed!! consult your doctor) assumption that your IUD may have been responsible-- then the solution will be to find a quality estimate of your average daily energy need; total daily energy expenditure (TDEE), which is a combination of your basal metabolic rate (BMR), the amount of energy your body consumes in an average day just by existing, and the energy you burn from activities\*. You can use this information to have a point of reference against which to estimate whether/by how much your daily energy intake (How much energy you eat) exceeds that number. Tracking your energy intake for a short while to see whether you are consistently above your TDEE will give you a roadmap for losing and/or maintaining the weight: increase TDEE or lower intake to lose weight, or try to get them closer to the same to maintain. This will only help on the assumption that there is not something else going on (than appetite effects from progestins) like a thyroid issue. Nonetheless, this approach is always a good place to start, especially if you can record some hard data for a few weeks (estimated TDEE against estimated intake, tracked with weight). It will either work or it wont-- if it doesnt (all else being equal, i.e. estimates of relevant values are fairly accurate) then youll have some reason to pursue other explanations. Be sure to give this approach a decent amount of time. For instance, two weeks is insufficient to establish a trend. \*the thermal effect of food is sometimes also included in TDEE, but this is extremely difficult to measure and beyond the bounds of whats practical for the average person tracking something like this... I was just looking into this because I feel like Im gaining because of it. When I was 16 I tried hormonal birth control and gained so much. I had a Paraguard since then and the obgyn I went to insisted that this one was better and I have hated it. I am 56 I was 115 pounds soaking wet before I got pregnant and had zero issues losing weight after having my baby. I went on Mirena for about 5 years and gained about 70 pounds. Since being off it has been an absolute nightmare losing weight. I have worked out and tried so many diets and healthy eating habits and I still struggle to this day. Im just experiencing this now! I was ~130 before switching to the Mirena from the paragaurd. Ive never weighed more than 145 in my life and am now climbing almost to 160 after getting it 4 months ago. Its nice to not have much of a period but its making me feel awful. Think about switching to the Kyleena! It uses significantly less hormones. I had the mirena and I noticed some weight gain. Probably 5-10 lbs. To me, I felt like I was just retaining much more water and was always bloated. After switching to the Kyleena I am back to myself. No more bloating. I think Im back to my normal 120 lbs. [deleted]

Acne with IUD Before my IUD, I was very blessed to not have severe acne. I only would break out pretty much blind pimples on my chin when I would get my period. I feel now that since I got my IUD about 6 or so months ago, I have the worst acne ever. Right now, its on the side of my chin- both sides, and going straight down in a row with pimples. Anyone else have this issue? Should I talk to my gyno? Dont get me wrong- I love my IUD due to the fact that its one less pill I have to take everyday and I can be stress free while having sex. I finally just stopped getting my period and I dont miss that what so ever. Ya. I broke out a lot at my jaw line when I first got my IUD. I never really broke out there before I got it. About 8 months later, I stopped breaking out so much. I adjusted my skin care routine to help with the acne.

Stopping birth control after 6 years? Hi everyone, So I was wondering if any of you could share your experience with stopping hormonal bc? Why you did it, how you felt, alternative methods used, etc. Ive been on bc since I was 18, about 6 years now, its all Ive known. Ive tried two methods, nexplanon and the patch (currently on it). When I was on nexplanon for the first 6 months it was horrible, Id be easily irritable, mood swings, no libido, vaginal dryness, and weight gain. My hormones regulated eventually and my emotional symptoms subsided but then I got off of it for a little break because I had ended a long term relationship. I lost weight immediately after and I felt better emotionally. I started the patch and I like it, but I noticed I gained a little bit of weight and its impossible to shed it off, and I feel bloated sometimes, Ive been going to the gym and eating right, but most of all I struggle with no libido and dryness still, which bothers me in my relationship, I miss wanting to have sex, etc. Ive been pondering possibly stopping hormonal bc and just sticking to condoms, I just want to give my body a break, but Im terrified of ending up pregnant. Im in a committed relationship again. Im still young and am in grad school, getting started in my profession. I am prochoice but I would ultimately like to avoid getting into that situation. Please share your experiences, if any! Or any tips. You could always look into FAM (fertility awareness method) and double up with condoms. You have to have pretty much completely regular cycles, you have to be very diligent with it too because there is a lot of room for error. r/FAMnNFP I was doing it for the last year and just abstained during my fertile window but I got tired of having a pregnancy scare almost every month so I went back on the pill. There are many ways to prevent pregnancy outside of birth control but anyone will tell you this - you have to be ok with the chance of getting pregnant I was with my boyfriend for 6.5 years and Ive been on the pill that long. My first period after a month off of birth control everything seemed okay. Now Im on month 2 on my second period being off the pill and my breasts are hurting! Its so weird because I felt some tenderness in the days leading up to my period. Now Im on day 2 of my period and theyre really hurting. I thought it was my bra being too tight, but I read that this is a common side effect. My sex drive came back though, so I guess thats neat. Though now Im single and have no one to be intimate with lol. Yes, Ill always have that possibility in my head. Even even on hormonal methods, nothing is 100% secure. Thank you for sharing, Ill look into FAM. Funny how our bodies get so used to it! Thank you for sharing your experience. You win some you lose some! Lol hope youre doing alright :). I got off hormonal bc after being on it for nine years. I think I posed this exact question at the time on this subreddit. Long story short I was having issues with my Kyleena IUD and wanted to give my body a break. Day One: Once I got it taken out I instantly felt happier. I have always struggled with depression and never linked it to my birth control, but I felt instantly better after getting it taken out. Food tasted better. I felt like I had more energy and my sex drive increased. One Month: My body was not used to being without hormones. I started to develop acnes (nothing too intense but more than I had had since being and adult). I also experience weight gain (around 10lbs) hair loss and vision changes. The vision change may be unrelated but it happened around the same time. My appetite also changed since food tasted better. Diet food and fast food had a powdery after taste and I had to switch to making my own food and ordering from non-fast food restaurants. Three months: Things have started to even out. My body is slowly loosing the weight without me making any changes. My hair has started to grow back. Food still taste different. The acne is not as bad. I also notice I have less intense mood changes and no depressive episodes since getting off of it. Since getting off Ive used cycle tracking and condoms. Hope this helps! Thanks for sharing your experience! Im interested to see how my body will react if I decide to stop. Im glad things are getting better for you. What do you do/use to track your cycle? I use the health app on the iphone

Kyleena Side Effects? Weight Gain &amp; Inability to Lose Weight I have had Kyleena inserted for three or four years now and I am considering removing it. Most of the time everything has been good (ie. no period yay!) but I have been trying to lose weight and noticed I cant for the life of me. Started looking back and realized when I first got it inserted I had gained a large amount of belly weight which got me wondering if this may have been a side effect. Has anyone else gained weight and havent been able to lose it with an IUD? Yes! I just posted about this and then came across your post. I had Kyleena inserted 5 months ago, and have inexplicably gained weight (mostly in the belly area) that I absolutely cannot lose. I have not changed any habits, workout consistently, and track my eating, but the weight seems to keep going up. Did your weight plateau after awhile? Ive heard from several people that the weight went away really quickly after removal. Ive also read that its completely unrelated. Im debating getting it removed too but hated the pill! So glad I am not alone! Mine did eventually plateau but never went back down again. I had hoped it would but it never did and now Im the biggest Ive ever been and feel very frustrated that my body just wont change! Oh and I am with you on the pill! It never made my period perfectly regular. Im feeling the same! In my experience doctors are hesitant to connect the IUD to these side effects, but Im glad to know Im not crazy in thinking theyre related! The weight is so uncomfortable. Feeling totally stuck with birth control options - its the worst. At least the weight issue (from what friends have experienced) should resolve after removal. My doctor recommended probiotics - I havent noticed too much of a difference yet but figured it couldnt hurt to try.

Best products people have tried for Nexplanon acne? I used to spend a lot of money on skincare, but once I cold turkey just stopped using anything other than water, my skin (weirdly) got better. And it got even better after being on the pill But I got Nexplanon inserted a couple months ago and now my face has gotten super bumpy. Has anyone had the same problem and found a good skincare product to help it die down? This is the only major side effect Ive had from Nex so Im not going to quit because of it but its just been kind of annoying It depends on what actives work best for your skin. It will take some experimentation to find out what helps you. I would recommend speaking to a dermatologist if you can. For me, my skin responds best to salicylic acid in a serum form, rather than a cleanser. My skincare routine is simple, I have dry acne prone skin and a cheap routine. I cleanse with Cerave hydrating cleanser, twice a week I use The Ordinary salicylic acid 2%. On two different days I use lactic acid 10%. I use their alpha arbutin + HA daily to lighten hyperpigmentation and hydrate, and moisturizer at the end. When adding acids to a routine you want to make sure you have days for your skin to rest, use sunscreen and watch for signs of over exfoliating. r/skincareaddiction has a lot of good information in the sidebar.

13 days post (hormonal)IUD removal after 10 years of use. please, Im desperate for help. For context, I have a history of MDD, GAD and ADHD. The first couple days after my IUD removal I started to notice a slight decrease in emotional regulation and heightened anxiety but after speaking with my psychiatrist, I was assured that it was just hormones/ a Mirena crash and I would be fine in a couple weeks. Fast forward to now and Im starting to become concerned. I havent been able to stop crying for the past 3 or 4 days even though Im not upset about anything, Im having large/sudden outbursts of anger, and I am on high alert 24/7. I dont notice any of my normal symptoms of depression i.e; apathy, loss of interest, excessive sleeping, suicidal ideation, ect. but I do feel worried that Im starting to lose control. Yesterday I had the worst panic attack Ive ever had and genuinely feard that I was slipping into a form of psychosis with the lost sense of reality and tactile hallucinations it caused (symptoms immediately subsided after taking Ativan). If I start my period soon do I look into possible PMDD? Is it normal to struggle this much post bc? At what point do I stop blaming hormones and tell my psychiatrist that I need further assistance? The general guideline is 3-6 months for your body to fully return to normal, but if you have access to a care team theres nothing wrong with reaching out to explain the change in your symptoms for some additional resources during the transition Do you take anything for the MDD or GAD? If so, you might need to increase your dosage. I havent heard of this very often, I work in Ob/Gyn. You may be having withdrawals from the birth control? I do. I started a new medication regimen less than two months ago and it was working great. This all seems to have come on very suddenly. Ive never heard of someone having withdrawals from birth control, is that possible? I am terrified of taking my mirena coil out. came on here to research what might happen as Ive had it for ten years too, and am thinking about getting it taken out and going back to my flow. I used to have PMD and it went away when I got the mirina (it was one of my main reasons for wanting it!) I am sorry you are feeling so emotional, I hope it levels out soon! Going through the same thing right now. All of these mental struggles out of nowhere. I feel so out of touch with myself. Guess Im going to ride it out, I dont know. I dont know what to do. I will never take feeling normal for granted again I feel myself slipping too. It doesnt feel like my normal depressive episode. Im just constantly on high alert/anxious and its making me lose touch with reality. Which is why I think I cant find enjoyment in anything. Youre not alone How are you going now? I hope youre doing better, OP! It might be worth having a hormone panel done by an endocrinologist or ND (if youre in a state with licensed NDs). Its definitely something Im considering if my symptoms get worse after removal (removed mine Monday). I also have ADHD, and didnt have clinical depression symptoms until a year after getting my IUD. I suspect the IUD has caused a lot of my mental health issues in the last 6 years, so heres hoping removal eventually helps. For PMDD, which I was diagnosed with initially before being diagnosed with depression, doctors just give you Prozac or some other antidepressant, so if youre already on one, theres not much more theyll do for you. Ive talked to several doctors about it, and they all had the same answer. These past two weeks have been the first time since removal that Ive felt back to normal. As of last week Im finally feeling better. I did a hormone panel last week and everything was normal, but still no period. Hoping it starts soon, but I have an appointment with a specialist on the 30th just to be safe. It was a pretty rough time but things are looking bright. I hope your experience is better than mine was! Hi OP, do I have permission to DM you about this experience? Im going through it as well (removed my IUD last week) and just wanted to ask a couple of questions about your experience. Thank you

What was your experience after IUD removal? Im 28 years old and have had a Kyleena IUD since age 25, and before that a Mirena since age 20. I am considering having my IUD removed and using condoms and natural forms of birth control for a while to see how my body adjusts. What was your experience after having your IUD removed? Did you notice any physical or psychological differences, or any other changes? How do you feel about your decision to remove it? Thanks yall! Once I got my Mirana removed, my body didnt have any crazy changes. It was a quick pinch and it was out, literally less than 3 seconds. I started tracking my pre period symptoms and then my period (once it arrived) with an app immediately. It did take a minute for my period to find a cozy part of the month to come lol. I got my period twice in one month once! Ive had it out for about 6 months now, and my period is 100% regular. Only thing I noticed is that I breakout a little bit more during PMS and i find myself to be a tad bit more emotional. I will be starting back up on BC come august tho since I dont want babies rn. My mirana was expired and I just wanted to see what my body would do without being on BC, since Ive been on it since 15, am 27 now. Thank you!

Liletta IUD Has anyone experienced weight gain from this IUD? Ive had it for 3 years and I dont think it gave me any side effects at all Edit: my period is basically gone, I just realized thats probably a side effect. It was very irregular for a couple years and now I get it once every 4 months or so I feel like it makes me bloated a lot and feel bigger cause my stomach seems so much bigger due to water weight, I assume from it. Some acne and heightened PMS symptoms. It has rid of almost all of my cramps and my periods are very light. Im 10 months in.

Mirena Hair Loss? I noticed \~3 months after Mirena IUD insertion that my hair started falling out very aggressively (have had on and off issues with hair loss since making some switches to my BC \~4 years ago bc of migraines w aura). Assuming this is maybe telogen effluvium from the hormone changes, but Im concerned the shedding may be a consistent side effect vs. my body adjusting. Has anyone else noticed significant hair loss from Mirena, and did that loss slow down after your body adjusted to the IUD a bit more? I have had my mirena for a year and the hair loss has been consistent…my hair is so thin now and it has become a huge insecurity for me. I have never had a problem with hair volume before and had beautiful curly hair prior to the birth control change. At first I thought it was just stress or malnourishment because I have been working a lot and have become very burned out and not getting the proper nutrition or daily care in that I should for my body. I honestly did not put two and two together until fairly recently that the mirena is the cause. I went into the doctor and had testing done and my nurse agreed that it is most likely the mirena after all of my blood tests came back normal. I am thinking about switching to a copper IUD to see if there is regrowth :( Im sorry, thats such an upsetting experience. Hopefully the issue is the Mirena and switching to a copper IUD will do the trick - fingers crossed you begin to see regrowth!! Ill probably shift away from the Mirena as well given shedding remains consistent..

mirena iud weight gain [deleted] Stress can also impact weight, but I dont know if that level would just be stress.

Kyleena - Remove or Stay (for now)?! Hey, Im looking for advice on whether I should consider removing my Kyleena IUD or not (28F). I got it inserted at the end of September. This was followed by light bleeding for almost two months straight. Now Im on shorter cycles (20-23 days) with very light bleeding for 7 days. Which is annoying as hell but my biggest concern is my mood. I have ADHD, depression, and anxiety. The depression/anxiety seems to have gotten significantly worse since starting on the IUD. Little bit the ADHD but the depression/anxiety problems are affecting me the most. I havent been in such a consistently low state of depression for this long EVER. Ive battled depression for a long time and this is the worst battle Ive ever dealt with. There are some external factors probably contributing to my mental health issues but the timing makes me wonder if its the IUD. I was on antidepressants before the IUD insertion and still am. I tried discussing my concerns with a doctor and they gave me this BS line of taking out the IUD wont magically cure your depression & anxiety - I never said anything along those lines. I asked if the IUD was contributing to my mental health being trash and if removing the IUD might be lessen it🤦🏻‍♀️ So thoughts?? Advice?? Ideas?? Personally, I feel like a totally different person off of my kyleena. I had some type of hormonal IUD for 7.5 years and almost immediately after removal I felt better. I no longer have intrusive (violent) thoughts, I no longer ruminate on dark/depressing topics. My anxiety has mostly disappeared, I am now only anxious about things that make sense to be anxious about, instead of random things. I very rarely cry about anything anymore, and I no longer feel overwhelmed with life.

Feeling much worse after stopping combined pill?? Hi, Im talking to my doctor next week, just looking for some insight now. I have taken a combined pill for about 1.5 years with no bad side effects. Looking back now, I can see it definitely decreased my sex drive and may have contributed to some increased depression and anxiety (but that is more difficult to say because there were many other factors). The pill I was on isnt available now due to production problems, so I had to switch. Didnt like the one I switched to, so figured it would be a good time to go off of it and see how I feel. I am mainly curious if my depression has been exacerbated by it. I was thinking of getting a copper iud if I feel better off of it. I have been off of it for about 2 weeks. My mental health has taken a sharp turn for the worse. I feel awful. Extremely anxious, very depressed, feel weepy and hopeless and even agoraphobic. It is a very sudden difference and nothing else has changed in my life to cause it. Ive seen loads of posts of people feeling so much better after stopping, but havent found anything about people feeling much worse. Is this normal?? For anyone who has experienced this, did it get better and after how long? I am wondering if this is likely just a short adjustment phase, or if it is an indication that I do better on birth control than off. I went on it originally for excess hairgrowth, so I wonder if my hormones are just so messed up that I have to be on it. Please let me know if you had this problem too. Ive been off the pill for a month now have felt much worse unfortunately too. Thanks for responding! Its good to hear Im not the only one having this reaction. Im sorry to hear youre feeling worse though. :( Do you think youll stick it out to see if it gets better or go back on it? I had to come off the combined pill because it affected my eyes which were so sore dry and kept getting horrible styes that wouldnt go. I was told it was because of the pill so cant go back on them again. Wish I never took the damn thing! Men need to start taking a pill lol Hey did this get better for you? Did you stay off the pill? This is currently happening to me and I also cant find much about people feeling worse after the pill…