

Is LNG-IUS acceptable and safe for women with heavy menstrual bleeding?

Clinical Question	What is the effectiveness, acceptability and safety of progestogen-releasing intrauterine devices in reducing heavy menstrual bleeding?
Bottom Line	The levonorgestrel-releasing intrauterine system (LNG-IUS) results in a larger reduction in menstrual blood loss from baseline in women with heavy menstrual bleeding (HMB) compared to other medical treatments or placebo, including selected women with fibroids. It appears to be more effective than oral medical therapies and results in better quality of life, higher satisfaction with treatment and lower withdrawal from treatment at two years. Both the LNG-IUS and hysterectomy improved health-related quality of life, which was most apparent within the five years after treatment. Although many women treated with the LNG-IUS eventually had hysterectomy (up to 46% within 10 years), the LNG-IUS remained a cost effective option.
Caveat	The LNG-IUS was associated with a number of progestogen-related adverse events in the included studies but there was no evidence that these effects resulted in increased withdrawal from treatment. Incidence of ovarian cysts increased but these were generally symptomless and had a high rate of resolution. Limitations in the evidence included inadequate reporting of study methods and heterogeneity resulting in the majority of the evidence supplied to be considered to be of low to moderate quality.
Context	HMB impacts the quality of life of otherwise healthy women. The perception of HMB is subjective and management depends upon, among other factors, the severity of the symptoms, a woman's age, her wish to get pregnant, and the presence of other pathologies. Heavy menstrual bleeding was classically defined as greater than or equal to 80 mL of blood loss per menstrual cycle. Currently the definition is based on the woman's perception of excessive bleeding which is affecting her quality of life.
Cochrane Systematic Review	Bofill Rodriguez M, Lethaby A, Jordan V. Progestogen-releasing intrauterine systems for heavy menstrual bleeding. Cochrane Database of Systematic Reviews 2020, Issue 6. Art. No.: CD002126. DOI: 10.1002/14651858.CD002126.pub4. This review contains 25 trials with a total of 2511 participants.

Pearls No. 660, May 2020, written by Vanessa MB Jordan.

Systematic review link:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD002126.pub4/full>