My Period Tracker

Skyla®
(levonorgestrel-releasing intrauterine system) 13.5 mg

Keep track of your periods with Skyla, using this 6-month calendar.

On the next page, just fill in the months and days and briefly describe your flow (light, medium, heavy) in the boxes. Then take this tracker with you to your follow-up visit within 4 to 6 weeks.

What Is Skyla?

Skyla is a hormone-releasing IUD (intrauterine device) that prevents pregnancy for up to 3 years.

Remember, Skyla can be removed by your healthcare provider at any time.

You can make sure Skyla is in place with a monthly self-check.

Skyla and Your Periods

Now that you have Skyla, your periods may start to change. Here's a breakdown of what you may experience:

- During the first 3 to 6 months, bleeding and spotting days may increase, and your period may be irregular. Some women have heavy bleeding during this time
- After your body adjusts, monthly bleeding usually decreases. Skyla contains a small amount of hormone that lessens the monthly thickening of your uterine lining. This thinning of the lining means that bleeding is reduced
- Over time your periods are likely to become shorter, and lighter, or may stop. About 6% of women stop having periods after 1 year of Skyla use

After Skyla is removed, your periods will return. Remember that if you do not have a period for 6 weeks after having Skyla placed, you should contact your healthcare provider to rule out pregnancy.

Month 1 *January*

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21 H	22 M	23 M	24 L
25	26	27	28	29	30	31

SAMPLE

Notes L = light, M = medium, H = heavy
I have noticed some changes to my period.

Important Safety Information

- If you have a pelvic infection, get infections easily, or have certain cancers, don't use Skyla. Less than 1% of users get a serious pelvic infection called PID.
- If you have persistent pelvic or stomach pain or if Skyla comes out, tell your doctor. If Skyla comes out, use back-up birth control. Skyla may attach to or go through the uterus and cause other problems.
- Pregnancy while using Skyla is uncommon but can be life threatening and may result in loss of pregnancy or fertility. Ovarian cysts may occur but usually disappear.
- Bleeding and spotting may increase in the first 3 to 6 months and remain irregular. Periods over time usually become shorter, lighter, or may stop.

Skyla does not protect against HIV or STDs.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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L = light, M = medium, H = heavy

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Month 1 _____

SUN	MON	TUE	WED	THU	FRI	SAT

Notes

_____

_____

Month 2 _____

SUN	MON	TUE	WED	THU	FRI	SAT

Notes

_____

_____

Month 3 _____

SUN	MON	TUE	WED	THU	FRI	SAT

Notes

_____

_____

Month 4 _____

SUN	MON	TUE	WED	THU	FRI	SAT

Notes

_____

_____

Month 5 _____

SUN	MON	TUE	WED	THU	FRI	SAT

Notes

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_____

Month 6 _____

SUN	MON	TUE	WED	THU	FRI	SAT

Notes

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