



Subdermal contraceptive implant in post partum women: a prospective study in a single tertiary centre in Pahang, Malaysia

- A preliminary study -



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Objectives

The Spacing of pregnancy is very important to ensure maternal good health. Etonorgestrel implant (implanon®) offers contraceptive effectiveness with an excellent safety profile for up to three years with rapid return of infertility on removal.

However, despite its effectiveness, it is considered less ideal by women who experience irregular vaginal bleeding during its use leading to discontinuation of its use.

The aim of the study was to evaluate the menstrual patterns and the effects of subdermal contraceptive implant, implanon® in post partum women during six months of insertion. The effects on lactation and satisfaction on this method was also analysed.

Methods

This one year prospective study was conducted from 1st July 2010 until 30th June 2011 at outpatient gynaecology clinic, Hospital Tengku Ampuan Afzan, Pahang, Malaysia.

Thirty-three post partum women requested for implanon® as contraceptive method participated in the study.

All patients had implanon inserted between four to ten weeks of post partum and were follow-up three (first visit) and six months (second visit) after insertion.

Results

There were thirty-three women enrolled in the study. Mean age of the patients was 30 years (range 24-41 years).

Of those, 17 patients delivered by caesarean section while 16 patients had vaginal delivery.

Eleven patients (33.3%) used oral contraceptive pills as their contraceptive methods before and three patients (9.1%) were implanon® users. Twelve patients (36.4%) had never used any form of contraception.

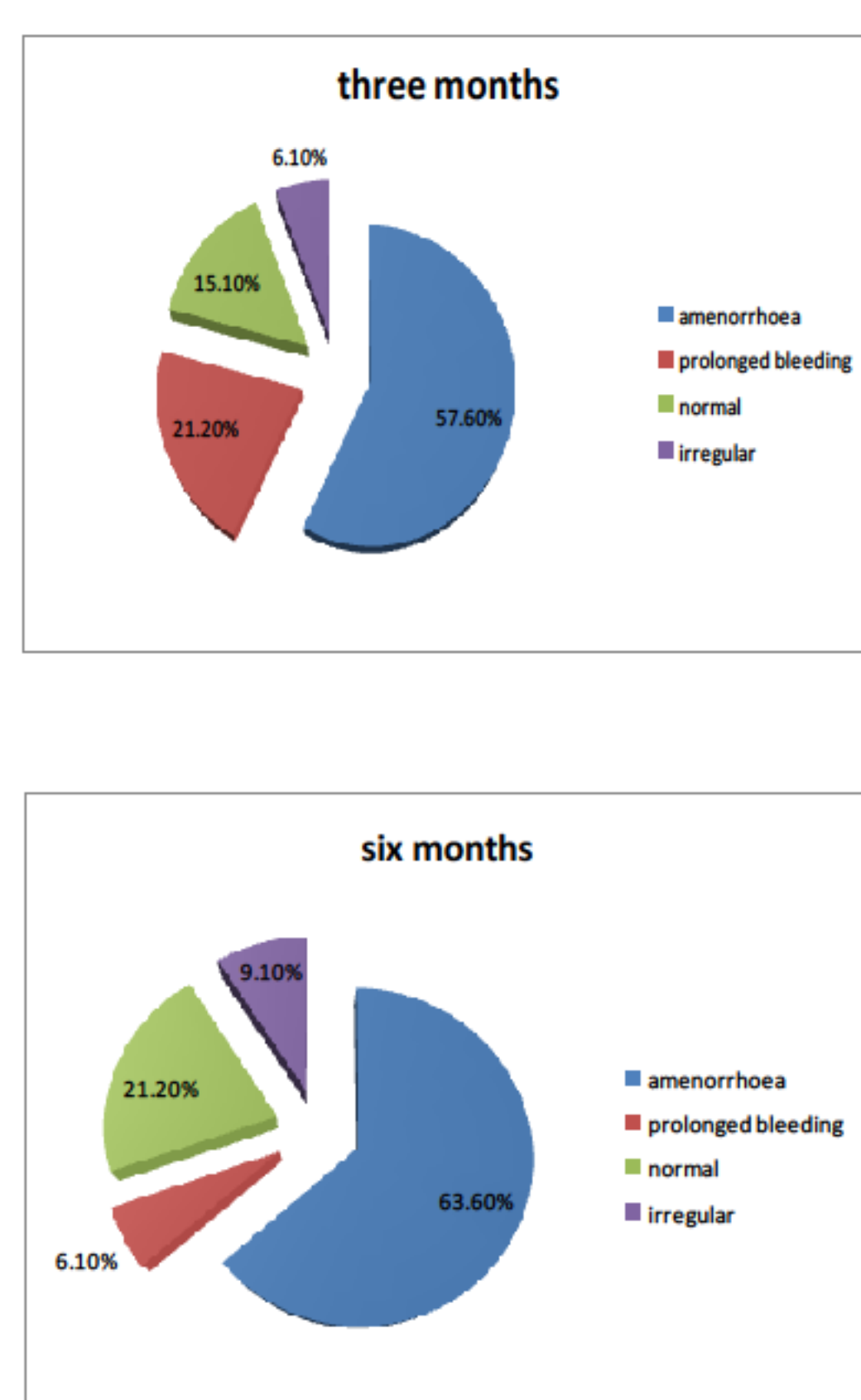
Table 1: previous contraception used

Contraception	N=33	%
Oral contraceptive pills	11	33.3
Intrauterine device	1	3.0
Barrier methods	3	9.1
Implanon®	3	9.1
Depo provera	2	6.1
Natural methods	1	3.0
None	12	36.4

During first visit, 57.6% had amenorrhoea, 21.2% had prolonged bleeding while incidence of normal and irregular bleeding were 15.1% and 6.1% respectively.

During second visit, 63.6% had amenorrhoea, 6.1% had prolonged bleeding while incidence of normal and irregular bleeding were 21.2% and 9.1% respectively.

Diagram 1: menstrual patterns at three and six months



Only two patients seek medical treatment due to prolonged bleeding, one patient from breast feeding group and another patient from non-breast feeding group. Both patients were treated with oral contraceptive pills for three months.

Twenty-eight patients continue to breast fed their babies while five patients stopped breast feeding while on implanon (less than three months of insertion).

The majority of women expressed satisfaction to her implanon use and only three patients were not satisfied mainly due to side-effects of prolonged or irregular bleeding. However, non requested for removal after six months follow-up.

Diagram 2: menstrual pattern for breast feeding and non breast feeding group at three months

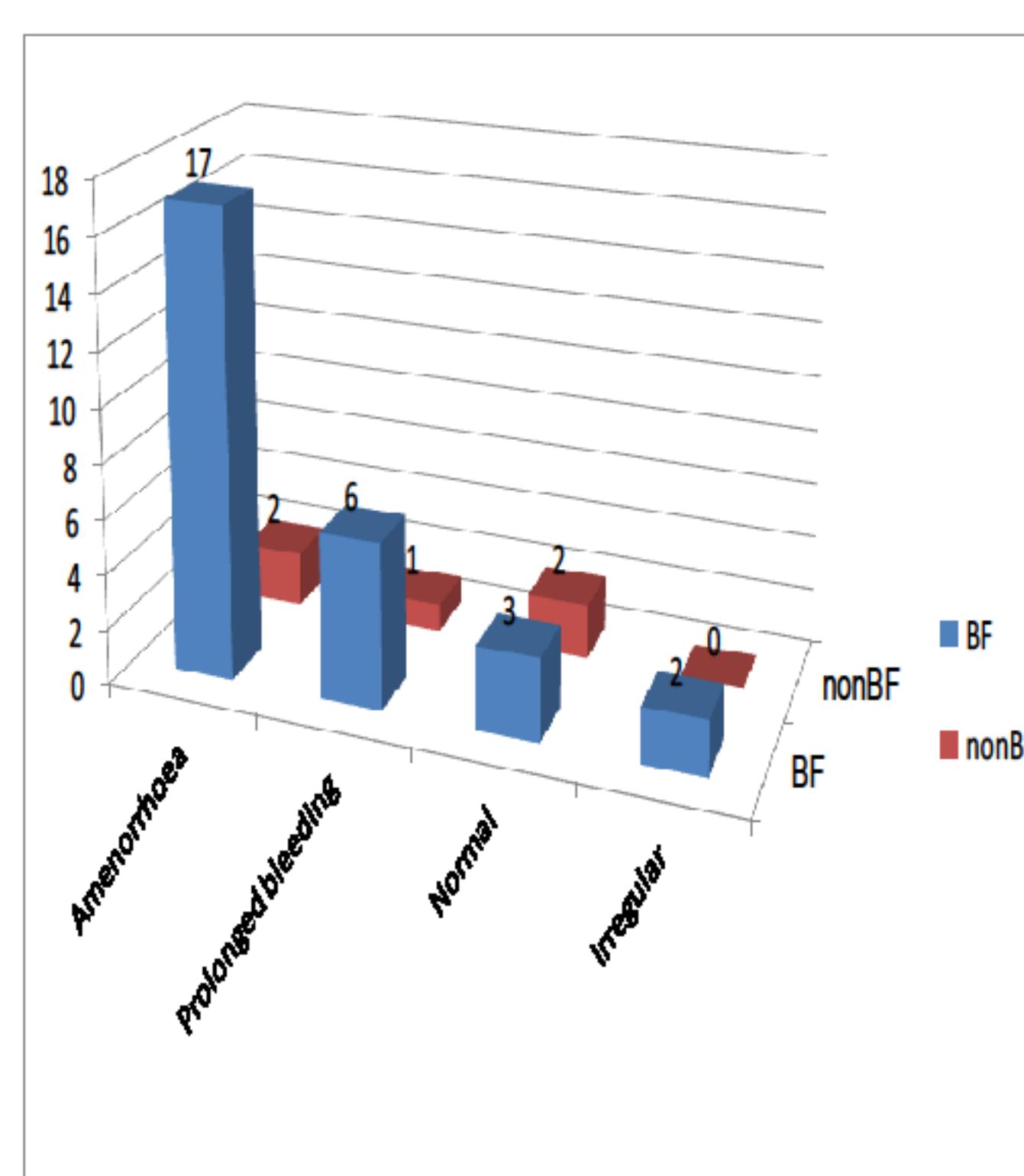
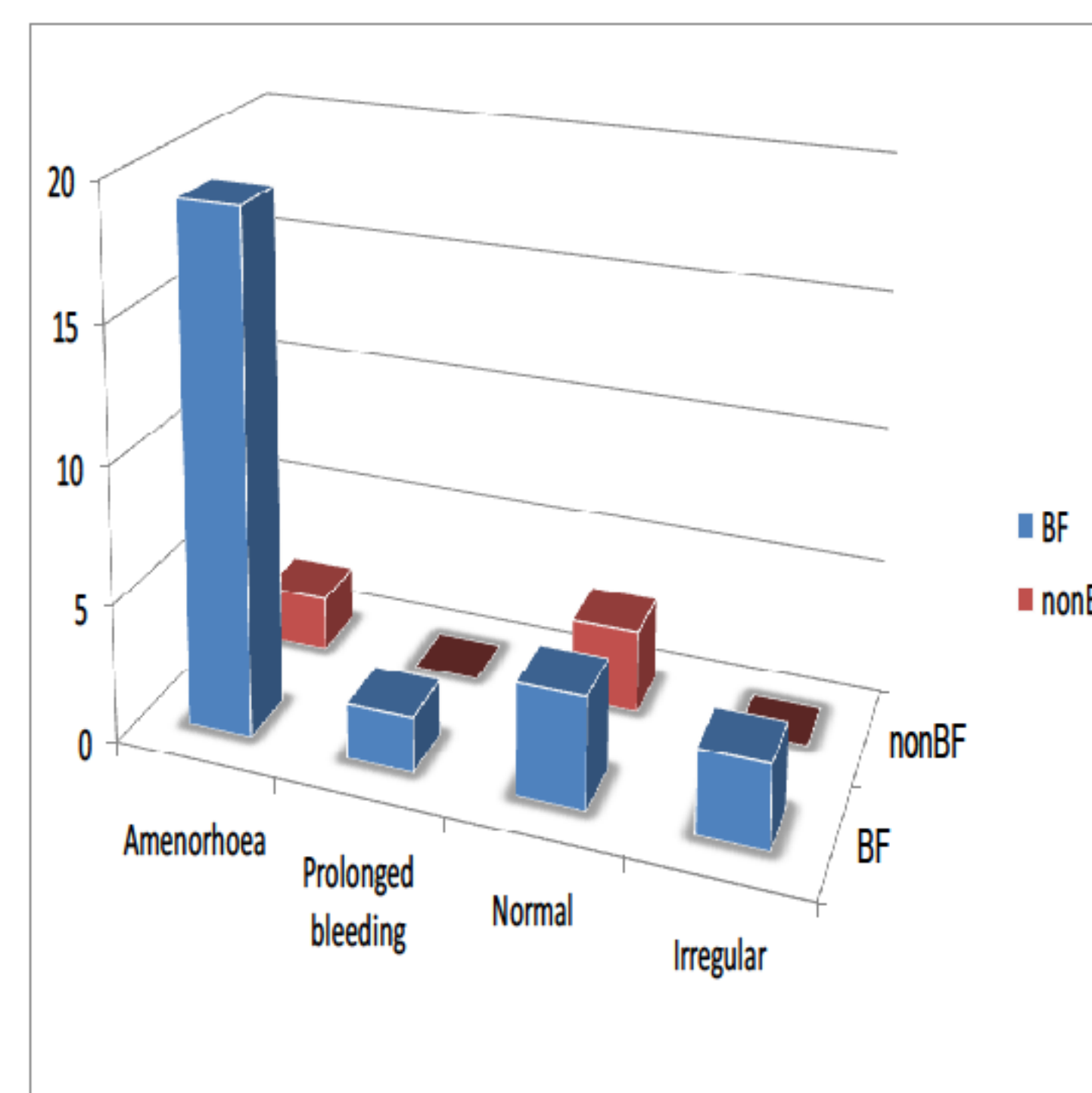


Diagram 3: menstrual pattern for breast feeding and non breast feeding group at six months



BF=breast feeding group, non BF=non breast feeding

Conclusions

Implanon is a good, well accepted long-term contraceptive method for post partum women and lactating mothers.

Dissatisfaction of its use is mainly due to abnormal menstrual pattern.

The study is currently still on going.

References

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