



# EVALUATION OF THE BLEEDING PATTERN, SIDE EFFECTS AND SATISFACTION WITH THE SUBDERMAL CONTRACEPTIVE ETONOGESTREL IMPLANT ( IMPLANON® ): A COMPARISON BETWEEN POST-PARTUM AND NON POST-PARTUM USERS

*Noraziana Abd Wahab<sup>1</sup>, Nor Azlina Abd Rahman<sup>2</sup>,  
Kamarul Bahyah Mustafa<sup>1</sup>, Mokhtar Awang<sup>1</sup>, Ayu Aszliana  
Sidek<sup>1</sup>.*

*<sup>1</sup>Department of O&G, International Islamic University  
Malaysia, Kuantan, Malaysia*

*<sup>2</sup>Department of O&G, Hospital Tg Ampuan Afzan,  
Kuantan, Malaysia*

# INTRODUCTION

- The etonogestrel-releasing implant (Implanon®), is a single-rod, progestogen-only contraceptive
- Implanon is preferred in women who desire a long term, reliable and highly reversible contraception
- It is also an ideal contraception for post-partum women who breastfeed
- However, as other progestogen-only contraceptives, menstrual irregularities are commonly occurred.



## OBJECTIVE

1. To compare the bleeding patterns between post-partum and non post-partum group
2. To compare the side-effects of Implanon® between post-partum and non post-partum
3. To measure the level of satisfaction among Implanon® users



## METHODOLOGY

- A prospective study that was conducted between July 2010 and June 2012 at Hospital Tengku Ampuan Afzan, Kuantan, Pahang.
- Those who fulfilled the criteria would be included in the study.
- Inclusion criteria :
  - Women with WHO medical eligibility criteria 1 and 2, who request for contraception



- A total number of 110 women participated in this study (60 postpartum vs 50 non-post partum )
- All participants had Implanon® inserted between 4 to 8 weeks postpartum or day 1 till day 5 of menses
- They were followed-up at 3 months interval for 6 months
- At each visit, bleeding patterns, side effects and satisfaction level were recorded.



- Statistical analyses were performed using SPSS 20 software (SPSS Inc.Chicago, USA).  $p < 0.05$  was taken as the level of statistical significance.



# TABLE 1: DEMOGRAPHIC DATA

	Post-partum (n=60)	Non post- partum (n=50)	p value
Age	31.2 (5.56)	33.6 (5.33)	0.023
BMI	25.0 (4.74)	24.9 (4.25)	0.369
Parity	2.9 (1.55)	2.8 (1.22)	0.186

The values are given in mean  
(SD)



# TABLE 2 : PREVIOUS CONTRACEPTION METHOD

	Post partum n=60 (%)	Non post partum n=50 (%)
OCP	19(31.7)	20(40.0)
DMPA	4(6.7)	4(8.0)
<b>Implanon®</b>	<b>4(6.7)</b>	<b>9(18.0)</b>
Barrier method	6(10.0)	1(2.0)
IUCD	2(3.3)	5(10.0)
Natural method	7(11.7)	3(6.0)
Nil	18(30.0)	8(16.0)





# TABLE 3: BLEEDING PATTERNS AT 3 MONTHS

	Post partum n=60 (%)	Non post partum n=50 (%)	p value
Amenorrhea	34(56.7)	19(38.0)	0.051
Infrequent	6(10.0)	9(18.0)	0.223
Frequent	5(8.3)	9(18.0)	0.130
Prolonged	7(11.7)	6(12.0)	0.957
Normal	8(13.3)	7(14.0)	0.919



# TABLE 4: BLEEDING PATTERNS AT 6 MONTHS

	Post partum n=60 (%)	Non post partum n=50 (%)	p value
<b>Amenorrhoea</b>	<b>39(65.0)</b>	<b>19(38.0)</b>	<b>0.005</b>
<b>Infrequent</b>	<b>5(8.3)</b>	<b>12(24.0)</b>	<b>0.024</b>
Frequent	6(10.0)	8(16.0)	0.347
Prolonged	3(5.0)	3(6.0)	0.818
Normal	7(11.7)	8(16.0)	0.510



**TABLE 5: NON-MENSTRUAL SIDE EFFECTS AFTER 6 MONTHS OF IMPLANON®**

	Post-partum n=60(%)	Non post-partum n=50(%)	p value
Breast discomfort	0	39(6.0)	0.091
Weight gain	32(53.3)	28(56.0)	0.848
<b>Headache</b>	<b>1(1.7)</b>	<b>11(22.0)</b>	<b>0.001</b>
Nausea	0	1(2)	0.455
Vomiting	0	1(2)	0.455
Loss of libido	1(1.7)	5(10.0)	0.067
Mood swing	1(1.7)	5(10.0)	0.067
<b>Acne</b>	<b>0</b>	<b>4(8.0)</b>	<b>0.040</b>
Hair loss	2(3.3)	6(12.0)	0.085



## TABLE 6 : USERS SATISFACTION

	Post-partum n=60 (%)	Non post- partum n=50(%)	p value
Satisfy	56 ( 93.3)	44 ( 88)	0.547
Not satisfy	4 ( 7.7 )	6 ( 12 )	



# DISCUSSION

- No difference of bleeding patterns in both group at 3 months but significant difference at 6 months for amenorrhoea and infrequent bleeding
- The most frequent non-menstrual side effects of Implanon® are weight gain, headache and acne
- There are significant differences of non-menstrual side effects in both group for headache and acne.



## CONCLUSION

- There was significant difference in bleeding patterns and non menstrual side effects between post partum and non postpartum users of *Implanon*® in the first six months of usage.
- Weight gain was the most common side effect reported
- Proper counselling prior to insertion and reassurance should be given to patient while on *Implanon*®
- The overall satisfaction was high among most users.



# LIMITATIONS , BIAS, SUGGESTION

- Breast feeding in post partum group
- Level of satisfaction
- On going study



**THANK YOU**

