

Role of Post-Placental Insertion of Intrauterine Contraceptive Device (IUCD) in Multiparous Women

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ABSTRACT

Aims: To determine the efficacy of insertion of intrauterine contraceptive device (IUCD) soon after delivery in multiparous women for avoidance of unintended pregnancy.

Study Design: It was a descriptive cross sectional study.

Place of study: Department of Obstetrics & Gynaecology Sahiwal Medical College/DHQ/Teaching Hospital, Sahiwal.

Duration: From January 2012 to December 2014.

Method: A total of 100 women of reproductive age group undergoing normal vaginal delivery and intend to birth control were included in the study.

Results: In our patients, mean \pm sd was calculated as 32.43 \pm 5.31 years. Frequency of efficacy of post-placental IUCD insertion in multiparous women was recorded in 83(83%) of the cases.

Conclusion: Insertion of intrauterine contraceptive device (IUCD) soon after delivery is effective and safe in multiparous women for avoidance of unit ended pregnancies.

Keywords: Contraception, post placental insertion, IUCD, multiparous women, efficacy.

INTRODUCTION

In several countries, gynecologists have been attracting the attention of medical and social problems i.e., multiparity, especially those regions having inclination in their populations, and similarly those developed countries intend to examine and prevent all etiologies associated with perinatal morbidity and mortality.¹ Worldwide unintended pregnancies are reported around 80 million annually. More than 1/3rd of all pregnancies in developing countries are found unintended and among these 19% end up in abortion².

The growth rate in our country increased for 2.45% to 3.66% in past decades. The recent data showing that growth rate is decreased to 1.9% in 2004 while 1.80% in the year 2008.³ In the year 2002, Ministry of Population Welfare introduced a program for reduction the growth rate upto 1.3% by 2020³.

The intrauterine contraceptive device (IUCD) is reported to be safe, effect and long lasting method of contraception⁴. More than 150 million women are using this device⁵. The failure rate of this device is indicate in 1-3% and causing unintended pregnancies and leads to induced abortions.⁶ Insertion of this device soon after delivery is attractive due to many reasons including higher motivation for contraception but spontaneous expulsion risk may be high⁷.

This study was planned to determine the efficacy of post-placental IUCD insertion in multiparous women, as with limited access to medical care, the delivery affords a unique opportunity to address the need for contraception.

MATERIAL AND METHODS

A total of 100 women of reproductive age group undergoing normal vaginal delivery intend to birth control having >3 paras were included in the study while those cases with known history of Chorioamnionitis, pre-term birth prior to 34 weeks of gestation, history of antepartum hemorrhage and ruptured uterus were excluded from the study. These patients were enrolled from the Department of Obstetrics & Gynaecology, Sahiwal Medical College/DHQ/Teaching Hospital, Sahiwal during January 2012 to December 2014. Patients were informed regarding study and their consent to include their data in the study with the assurance of confidentiality. Intrauterine device (IUCD) will be inserted just after 10 minutes of child birth. All women will be advised to remain in-contact at least twice in six months on two months interval regarding the efficacy (no expulsion) of post placental IUCD insertion may be determined.

The collected data was entered in computer software SPSS version 13.0. Mean \pm standard deviation was calculated for age of the patients. The frequency and percentages were calculated for frequency of efficacy of post-placental insertion of IUCD.

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RESULTS

Age distribution of the patients was done which shows that 41(41%) were between 18-30 years and 59(59%) were between 31-45 years of age, mean+SD was calculated as 32.43±5.31 years (Table 1). Frequency of efficacy of post-placental IUCD insertion in multiparous women was recorded in 83(83%) of the cases while remaining 17(17%) informed regarding expulsion of the device (Table 2).

Table 1: Age distribution (n=100)

Age (years)	n	%age
18-30	41	41
31-45	59	59

Table 2: Frequency of efficacy of post-placental IUCD insertion in multiparous women (n=100)

Efficacy	n	%age
Yes	83	83
No	17	17

DISCUSSION

WHO recommended this method as one of the safe and effective method of contraception. Women soon after delivery are highly motivated and intend for an effective contraception method while if the women are advised to initiate contraception after 6 weeks of their delivery, they may have higher chances of conception and do not manage to come back.

In this study, we evaluated the frequency of efficacy of post placental IUCD insertion, mean+SD was calculated as 32.43±5.31 years. Frequency of efficacy of post-placental IUCD insertion in multiparous women was recorded in 83(83%) of the cases.

Our findings are in agreement with a study that inserted IUCD soon after delivery of placenta and recorded its efficacy (no expulsion) in 76% of the cases⁸, but these statistics were recorded in primiparous women which is similar to multiparous as well.

Another study by Shukla M and colleagues⁹ recorded its efficacy (no expulsion) in 89.32% of the cases which is close to our findings.

Another study¹⁰ recorded the efficacy of intrauterine device insertion during the postpartum period and indicated that immediate IUD insertion (within 10 min of placental delivery) was safe when compared with later postpartum time periods and interval insertion of this device.

A local study conducted at Allied Hospital, Faisalabad during 1994 to 1995 to determine the safety and efficacy of IUCD (copper T380) as a contraceptive device, they recorded that IUCD

especially the last generation of copper releasing device i.e., copper T380, seems to be one of the most appropriate contraceptive method for a developing country like ours and concluded that IUCD is a highly effective method of contraception and good acceptances of the patients.

Another study by Çelen Ş and others⁷¹ conducted a study to evaluate the efficacy and safety of immediate post placental IUD insertion during cesarean section and recorded no serious complications associated with immediate IUD insertion during cesarean section. They revealed that rates of expulsion, removal for bleeding/pain and other medical reasons were 17.6, 8.2 and 2.4 per 100 women per year, respectively, which is highly appreciable. The continuation rates were indicated in 81.6% and 62% at 6 and 12 months, they also concluded that immediate post placental IUD insertion during cesarean section gives sufficient protection against pregnancy.

Finally, the post-placental insertion of IUCD is effective in multiparous women also and indicating the safety and efficacy for prevention of unintended pregnancy.

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