

Vaginal bleeding irregularities and its perception among implanon users

N Ahmad Ruslan (MY) [1], M Abu (MY) [2], N Mohd Naim (MY) [3], M Ahmad (MY) [4], S Ahmad (MY) [5]

Objective: To evaluate the vaginal bleeding pattern among patients using Implanon 3 months post insertion, their perception, and acceptance towards Implanon as a contraceptive method.

Design: A prospective, cross-sectional study

Setting: Family Planning Clinic, Department of Obstetrics and Gynaecology, Universiti Kebangsaan Malaysia Medical Centre (UKMMC).

Patient(s): All patients with Implanon inserted 3 months prior in UKMMC from December 2013 till July 2014 which fulfilled the inclusion criteria were included in the study.

Intervention(s): None

Main Outcome Measure(s): Patients socio-demographic information, socioeconomic status, obstetric history, contraceptive history, perception and acceptance towards Implanon were analyzed.

Results: The average age was 32 years old and the majority were Malay (80.8%) and Muslim (84.9%). Mean BMI was 23.6 ± 4.2 kg/m² and 78.1% were para 2 and above. Most of them came from middle-class income group (71.2%) and all had at least secondary level education. 53.4 % of patients received information on Implanon from medical personnel. 43.8 % chose Implanon because it did not require any compliance and 45.2% felt it was a better contraception compared to their previous method of contraception. Vaginal bleeding patterns observed were amenorrhoea (43.8%), infrequent bleeding (28.8%), frequent bleeding (12.3%) and prolonged bleeding (8.2%). Out of 73 patients, only 17 felt that the bleeding pattern was unacceptable and mostly due to difficulty in performing religious duties (76.5%).

Conclusion: Amenorrhea is commonly experienced post 3 months Implanon insertion rather than infrequent or prolonged bleeding without any significant non-menstrual side effect. Hence, it is perceived as a better contraception method and recommended to friends.

[1] Universiti Kebangsaan Malaysia Medical Centre, [2] Universiti Kebangsaan Malaysia Medical Centre, [3] Universiti Kebangsaan Malaysia Medical Centre, [4] Universiti Kebangsaan Malaysia Medical Centre, [5] Universiti Kebangsaan Malaysia Medical Centre