

UPDATE ON INTRAUTERINE DEVICES,
MEDICAL ABORTION, NATURAL FAMILY
PLANNING AND EMERGENCY
CONTRACEPTIVES

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DEFINITION

- IUD is a device of small size built from steel or plastic with different kind of shapes that is placed in the uterus in order to prevent the pregnancy

CLASSIFICATION

- INERT IUD
 - ACTIVE IUD
 - Hormone releasing
 - Copper added
- frameless IUDs: Flexigard ,GyneFix

MECHANISM OF ACTION

- A FOREIGN BODY REACTION: as a result it creates an improper endometrium for implantation
- ACTION ON THE SPERMATOZOA
- ACTION SIMILAR TO THE MINIPILL (for IUD based on progesterone)
- DO NOT ACT AS AN ABORTFACIENT AGENT

EFFICACY

- TCu 380A : 0.3-0.7% pregnancies/year
- IUD Levonorgestrel : less than 1%
- Frameless IUD : their efficacy similar to TCu380A

RATE OF EXPULSION

- Related to the insertion
- Figures vary between authors
 - TCU380A : 4,4-7,38% per three years follow up
 - IUD Levonorgestrel : 6,3% per three years follow up
 - Flexi gard* : 9,8-11,2% per two years follow up
 - GyneFix : 3% per three years follow up

RATE OF REMOVAL

- Determined by pain and changes of the menstrual pattern
- Usually in the first three years
 - TCu380A : 14%
 - IUDLevonorgetrel : 17%
 - Gynefix : 8.34%

THE MOMENT OF INSERTION

- Before the 12th day of a cycle
- After abortion
- After delivery*: there are debates on these item
 - 10 min. after the expulsion of placenta or
 - between 8-12 weeks and 6 month
 - WHO reccommendation: within the first 48h or after 6 weeks

ADVANTAGES

- Efficient
- Do not request further efforts from patients or doctors
- Decrease* the amount of bleeding (on IUD based on Progesterone)
- Do* not interfere with lactation
- Prompt return of fertility

DISADVANTAGES

- Pain*
- Heavy periods*
- Discharge
- Infertility* in nulliparous women only after long term use
- Increased number of ectopic pregnancies (in comparison with other contraceptive methods)
- Perforation 0-1.3/ 1000 patients
- Upper genital tract infection
 - high risk only for the first 20 days
 - IUD Levonorgestrel seems to protect

IUD IN PATIENTS HIV1 INFECTED

- The WHO expert group recommends against IUD use in HIV infected women
- New studies* have shown a very small increase in the number and severity of the complications in patients HIV infected

CONCLUSIONS

- IUD is a reliable method of contraception
- The new frameless product GyneFix seems to be a step forward
- There is still a lot of controversy:
 - the moment of insertion
 - infertility in nulliparous women (after long term IUD use)
 - whether IUD Levonorgestrel can be a protective factor against PID
 - IUD in HIV infected women