



Enhanced Acceptability And Improved Continuation Rate of Long Acting Reversible Contraceptives By High Capacity Menstrual Cup

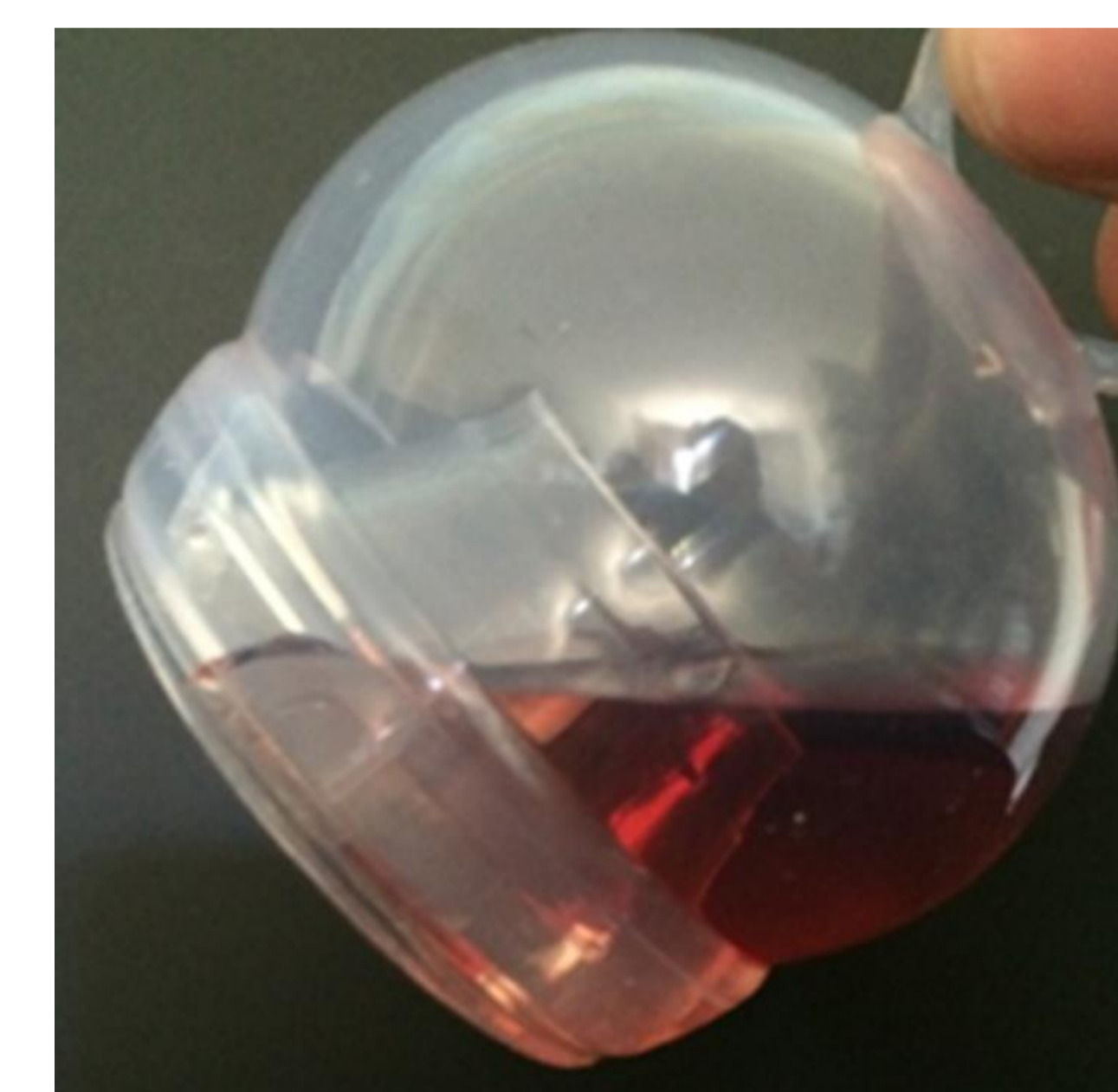


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BACKGROUND

The subdermal etonogestrel implant (Nexplanon) and the copper IUD are the most effective long acting contraceptives. However, unpredictable bleeding is the main reason, women discontinue the implant and the IUD.

METHODS



OBJECTIVES

Three sizes to fit all women

No-spill removal

Open flange to drain fluid

To enhance the acceptability and continuation rate of the Long Acting Reversible Contraceptives (LARC)

We conducted a pilot study among 20 women, who requested removal of their contraceptive implant due to heavy bleeding. We provided those women with the no-spill design and high capacity menstrual cup that comes in three sizes. We instructed them of its use, and we asked them to return to the clinic every month for 3 months. We monitored their level of satisfaction, ease-of-use, and the number of hours without leakage.

MATERIALS

A unique no-spill design and high capacity menstrual cup was provided to women who requested removal of the implant, sooner than 3 years.

RESULTS

Sixteen women out of the 20 managed their bleeding by using the high capacity menstrual cup for the entire 3 month study period. These 16 women were free of menstrual leakage for 8 to 12 hours and, as a result, were able to keep their implants in place. All 16 expressed satisfaction with using the device. Four women, all with implants, declined to use the menstrual cup and had their implants removed.

CONCLUSIONS

This pilot study has demonstrated that this menstrual cup with high capacity allowed 80% of women to keep their long acting reversible contraceptive implant or IUD to their intended duration of use.

REFERENCES

An Innovative, Reusable Menstrual Cup that Enhances the Quality of Women's Lives during Menstruation



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