

Research Article

The Side Effects of Intra-cesarean Intrauterine Contraception: A Descriptive Study

Efek Samping Pemasangan Alat Kontrasepsi dalam Rahim (AKDR) Intrasesarea: Suatu Studi Deskriptif

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Abstract

Objective: To investigate the side effects and acceptance of intracesearean Intrauterine Device (IUD) insertion.

Methods: This was a descriptive study. Subjects were all pregnant women who had Cu T380A IUD to be placed after cesarean delivery at Prof. Dr. dr. R. D. Kandou Hospital during the period between August 2016 and September 2016.

Results: A total of 52 subjects were recruited in this study. 43 (82.69%) subjects were in the age group of 20-30 years. 51 of the subjects accepted the IUD. On the 7th day, 49 (94.23%) and 51 (98.07%) subjects complained of abdominal pain and vaginal bleeding, respectively, while on the 14th day, 48 (92.3%) and 50 (96.1%) subjects had abdominal pain and vaginal bleeding, respectively. There were significant decreases in both complaints on the 14th day, compared to the 7th day. ($p < 0.05$ and $p < 0.05$, respectively). 51 (98.07%) subjects accepted the IUD. There were no significant difference between acceptance on day 7 and 14th ($p > 0.05$).

Conclusion: The acceptance of side effects by the acceptor reaches 100%, with the incidence of early postpartum expulsion is 3.8%. The side effects of IUD are minimal.

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Keywords: intra-cesarean, intrauterine device, side effects

Abstrak

Tujuan: Mengetahui keluhan efek samping yang ditimbulkan serta penerimaan IUD intra-sesarea pada awal masa nifas di RSUD Prof. Dr. R.D. Kandou Manado.

Metode: Penelitian ini merupakan studi deskriptif. Sampel penelitian adalah seluruh perempuan hamil yang intrasesarea di RSUD Prof. Dr. dr. R.D. Kandou selama periode Agustus 2016 - September 2016.

Hasil: Jumlah sampel sebanyak 52 orang, terbanyak pada perempuan usia 20 - 35 tahun yaitu 43 perempuan (82,69%). Penerimaan terhadap efek samping diobservasi pada hari ke 7 dan hari ke 14. Sebanyak 51 responden menerima efek samping IUD sedangkan hanya terdapat 2 responden yang tidak menerima efek samping IUD. Didapatkan perbedaan penurunan yang bermakna untuk keluhan nyeri perut pada observasi hari ke 7 dan hari ke 14, sedangkan perdarahan bercak masih didapatkan pada 50 kasus, hingga hari ke 14 pengamatan. Ekspulsi hingga hari ke 14 terjadi pada 2 kasus.

Kesimpulan: Efek samping perdarahan dan nyeri perut didapatkan minimal dengan kejadian ekspulsi awal nifas sebesar 3,8%. Di luar kasus ekspulsi, penerimaan akseptor mencapai 100%.

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Kata kunci: alat kontrasepsi dalam rahim, efek samping, intra-sesarea

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INTRODUCTION

Family planning permits people to accomplish their desired number of children and determine the spacing of pregnancies. The National Family Planning Coordinating Board (BKKBN) did campaigns for long-term contraceptive methods such as of intrauterine device (IUD) as a strategy to reduce mortality rate, which was one of the targets of Millenium Development Goals (MDGs) 2015. IUD is an effective long-term contraceptive method compared to other contraceptions, particularly when inserted immediately after delivery, including after cesarean delivery.¹ The insertion

of IUD immediately after cesarean delivery can reduce complaints during setup, however, there are several side effects after insertion.^{2,3} To our knowledge, studies regarding the side effects of IUD insertion after cesarean delivery is limited. We aimed to investigate the side effects of intra-cesarean IUD placement.

METHODS

This was a descriptive study. Subjects were all pregnant women who had Cu T380 IUD to be placed after cesarean delivery at Prof. Dr. dr. R. D.

Kandou Hospital during the period of August 2016 to September 2016. After the IUDs were placed, we would monitor the side effects for two weeks. The data obtained were recorded in a special form. All statistical analysis was performed using SPSS 20 for windows. A p value of < 0.05 was considered statistically significant. McNemar test was used to compare paired dichotomous, categorical variables.

RESULTS

A total of 52 subjects were recruited in this study. 43 (82.69%) of the subjects were in the age group of 20-35 years, 36 (69.24%) subjects were multiparous, 27 (51.92%) graduated from senior high school (Table 1).

Table 1. Characteristics of Research Subjects

Variables	N	%	
Age	< 20	3	5.76
	20 - 35	43	82.69
	> 35	6	11.54
Primiparous	16	30.76	
Multiparous	36	69.24	
Elementary School	2	3.84	
Junior High school	5	9.61	
Senior High School	27	51.92	
Scholar	18	31.61	

On the 7th day, 49 (94.23%) and 51 (98.07%) subjects complained of abdominal pain and vaginal bleeding, respectively. Whereas, on the 14th day, 48 (92.3%) and 50 (96.1%) subjects had abdominal pain and vaginal bleeding, respectively. We found significant decreases in both complaints on the 14th day, compared to the 7th day. ($p < 0.05$ and $p < 0.05$, respectively).

Table 2. Side Effects of Intrauterine IUD Insertion

Variables		Day 7 th		Day 14 th		p value
		N	%	N	%	
Abdominal Pain	Yes	49	94.23	48	92.3	< 0.05
	No	3	5.76	4	7.64	
Vaginal bleeding	Yes	51	98.07	50	96.1	< 0.05
	No	1	1.92	2	3.84	

Table 3. The Acceptance of Side Effects of the Insertion

Acceptance of Side Effects	Day 7 th		Day 14 th		p value
	N	%	N	%	
Yes	51	98.07	51	98.07	> 0.05
No	1	1.92	1	1.92	

51 (98.07%) subjects accepted the IUD. There were no significant difference between acceptance on day 7th and 14th ($p > 0.05$).

DISCUSSION

IUD has many advantages compared to other contraceptives. IUD has long-term effectiveness, and it only requires one installation. Moreover, it is relatively affordable. The weakness of this method is the side effects during and after placement. The side effects of IUD insertion including bleeding, abdominal pain, expulsion influence the decision to keep using IUD as a contraceptive method. The acceptors are reluctant to use IUD because they are afraid of the side effects.^{4,5}

In this study, 82.69% of IUD acceptors were in the age group of 20-30. This finding is similar to previous studies. Juliaan and Maria reported that 86% postpartum contraceptive users were in the age group of 25-29 years (86%).⁶ Jurisman et al found that most of IUD users were in the age group of 20-35 years.⁷

Bleeding and abdominal pain are the side effects that are caused by the reaction in the endometrium plasminogen. Nidhi et al found that on intracerebral IUD, 15 subjects had bleeding, while 88% had only mild pain.⁸

Chi et al stated that the incidence of expulsion was 4.1% in intracerebral IUD insertion.⁹ Friadi found the expulsion rate was 5%.¹⁰ Manju revealed

that the expulsion rate of women who gave birth by vaginal delivery was 1-7%.⁴ In this study, there were 2 cases with expulsion, which occurred on day 7 (1.92%) and day 14 (1.92). Expulsion maybe caused by several factors such as the distance IUD on the endometrium, extensive uterine cavity in twin pregnancies and the process of uterine involution.

Knowledge and understanding of the advantages and disadvantages of the IUD is still low. Vaginal bleeding and abdominal pain are side effects that often cause a person to stop using IUD. Bleeding is the highest reason to discontinue the usage of IUD. An understanding of the side effects including bleeding is of course related to the initial counseling when the acceptor will decide to use the IUD. In a study conducted by Satyavathiin 1000 women using IUD, 27.27% and 9.09% of them discontinued the usage of IUD due to bleeding and abdominal pain, respectively.¹¹ Setijanto found the AKDR CuT380 acceptance and effectiveness for 6 months were 86.8% and 100% with expulsion rate of 12.6%. There were also other side effects such as vaginal discharge, menstrual pain and spotting.¹² In this study, the acceptance of the side effects of IUDs on both the 7th and 14th day were 98.07%. Bleeding that occurs in this study is spotting and abdominal pain category degrees of mild to moderate. Based on the number of cases there were only two acceptors that were not satisfied with the use of IUD due to expulsion.

CONCLUSION

The acceptance of side effects by the acceptor reaches 100%, with the incidence of early postpartum expulsion is 3.8%. The side effects of IUD are minimal.

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