

Levonorgestrel IUS women profile and satisfaction in contraception. Private consultations. Experience in Zaragoza (Spain)

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OBJECTIVES: Our main objective was a better understanding of our LNG-IUS patients, to know their profile and level of satisfaction in order to improve our contraceptive counseling

METHODOLOGY: This is a retrospective study done in Spain during 2011. A specific 100 minutes questionnaire was designed for the study. It was answered by the patient in consultancy or at home, and then sent by email. The main variables asked were sociodemographic data, obstetric & gynecologic and contraceptive history.

LNG-IUS was obtained:



- 1) The reason for choosing LNG-IUS as a contraceptive method.
- 2) Main driver to choose LNG-IUS
- 3) If it fulfilled the expectations
- 4) Level of satisfaction
- 5) Side effects
- 6) Whether they would recommend LNG-IUS to other women

RESULTS:

139 patients were evaluated.
The age of users ranged between 29 and 55.
89,9% were married
57,6% Had university education
27,7% had 1 child
59% 2 children
10,8% 3 or more children
6,5% nulliparous

Contraceptive method before Mirena:

61,1% Hormonal contraceptive
30,2% Condoms
13,7% IUD and
4,3% natural methods

The reason for choosing Mirena: 104 users (74.8%) chose Mirena to prevent pregnancy, 43 (30.9%) did so based on their medical profile (anemias, metrorrhagias, myomas, cycle control) and 18 (12.9%) to prevent adverse effects from other methods

The choose: Of the medical explanation provided 63 (45.3%) chose it for the absence of menstrual symptoms, 27 (19.4%) for the duration of Mirena (5 years), 23 (16.5%) for its convenience, 16 (1.5%) for its rare adverse effects and 11 (7.9%) for its contraceptive safety

Level of satisfaction:
126/139 (90.6%)
Fulfilled the expectations? YES
125/139
Recommend LNG-IUS to other women? YES
126/139 (90,6%)

Side effects:
No problems
100/139
11/139 irregular bleedings
4/39 weight gain
1/139 perforation (lactating woman)
And 3/139 expulsion

CONCLUSIONS: LNG-IUS users are in a high percentage (90,6%) satisfied and would recommend the method to other contraceptive users.