

Continuation and compliance of contraceptive use

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Continuation rate of contraceptive use is the indicator of the acceptability of the method. The highest continuation rates at the end of the first year among reversible methods are recorded in LNG subdermal implants (85% continuation rate) progesterone and LNG IUDs (81%) and copper IUDs (78%). Lower continuation rates are found in pill use (72%), Depo-Provera (70%), periodical abstinence (67%) and male condom (63%). The lowest rates are found in diaphragm use (58%), female condom (56%) and spermicides (43%). The continuation rates are therefore the highest with the methods which are not affected with the compliance of use. Predictors of discontinuation are side-effects, health concerns, age of the women and contraceptive method

Compliance indicate the degree to which patients adhere to a prescribed regimen. Lack of compliance can lead to adverse effects of contraceptive use (e.g. menstrual abnormalities, pregnancy) and finally to discontinuation of contraceptive method. In addition, the differences between method effectiveness and use effectiveness can largely be attributed to compliance with the prescribed contraceptive regimens.

Women should be fully informed on the side effects of contraceptives and also the benefits which in general outweigh any associated health risks.