

Experience of use of monophasic hormone contraceptives by the girls of nursing school

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Subject: 225 girls aged 18 - 20 who wished to take monophasic combined oral contraceptives (COC) for preventing of undesirable pregnancy have been studied. 90 girls took thirisiston, 110 - minisiston, 25 DIANE-35. Oral contraceptives were prescribed in accordance with the routine cyclical scheme from the first day of the menstrual cycle with a seven-day interval.

Method: The study contained complaints, general and special examination, revision of the menstrual cycle. The study was conducted before prescribing the contraceptives, during their use and after discontinuance .

Outcomes: During the study the girls felt satisfactory. There were no cases of pregnancy in the course of COC use. 12 respondents had by-effects of cancellation response such as dyspeptic troubles, decrease of capacity for work, mammary gland engorgement; menstrual cycle troubles such as intermenstrual bleeding, short-term depression. The frequency of by-effects development use was not noted in the course of various COC. All preparations had regulating effect on the menstrual cycle. The individual analysis of menograms has shown a marked medical effect of oral contraceptives in algodysmenorrhea and premenstrual syndrome. The considerable improvement of complexion in case of acne was marked in all patients who took DIANE-35. 8 girls stopped taking COC because of their decision to have pregnancy. During 6 months 3 of them had pregnancy resulting in timely physiological delivery. 3 girls had to discontinue taking COC. The cause was marked by-effects (acyclic bleedings, mammary gland engorgement, and depression). 214 girls continued to take COC because they felt well and did not had the need in pregnancy.

Thus: monophasic COC (thirisiston, minisiston, DIANE-35) can be recommended as a reliable and safe method of contraception in girls of 18-20.