

Low dose oral contraception and its effect on bleeding pattern in adolescent period

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Objective: Sexuality in young becomes an important problem due to its social, health and demographic implications. The aim of this study was to investigate the use of low dose oral contraception containing 0.03 mg ethinylestradiol and 0.15 mg levonorgestrel (LEGRAVAN® ICN Galenika Belgrade) and its influence on bleeding pattern.

Study methods: Totally 230 girls under 20 years. The mean age -- 18.4, used low dose oral contraception for 6 months. The pill was taken 21 days with free period of seven days. Duration and frequency of bleeding were evaluated.

Results: The majority of girls had regular bleeding, the withdrawal bleeding during free period missed in 0.8% cycles. Bleeding duration was 2-4 days, mostly without pain and not heavy. Spotting occurred in 6.5% of cycles and breakthrough bleeding in 3.1% of cycles.

Conclusion: Oral contraceptive containing 0.03 mg ethinylestradiol and 0.15 mg levonorgestrel, besides high contraceptive reliability, is very good in regulation of duration, intensity and frequency of withdrawal bleeding.