

Emergency contraception for teenagers with levonorgestrel-efficacy, tolerability and level of informedness

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Objective: Assessment of efficacy and side effects of emergency contraception for teenagers with levonorgestrel (LNG) and the level of users' informedness about possibilities and practical application. **Methods:** The subjects are healthy girls (n = 49) with regular menstrual cycles at the age between 15 and 19, having had one unprotected or faultily protected sexual intercourse. All of them have administered 0,75 mg LNG within the 72nd hour, repeated after 12 hours. The data have been processed by variational analysis. **Results:** One pregnancy was registered of a girl with first intake at the 6th hour - pregnancy rate - 2,04%. The most frequent side effect was nausea - 26,5%, followed by breast tenderness - 22,4% and fatigue - 20,4%. An up to 7th day delay in the menstrual cycle is non significantly more frequent - 14,3%, followed by a delay of more than 7 days and breakthrough bleeding - 8,2%. No significant changes were established in the length of the menstrual cycle. Emergency contraception is sought for after unprotected sexual intercourse in 69,4%, and condom failure problems in 30,6%. Only 18,4% have sufficient information about the possibilities and practical use of emergency contraception. **Conclusion:** LNG provides effective, highly tolerable contraception with a small number of side effects. Need is felt for serious popularization of the application of emergency contraception with teenagers.