

Patients satisfaction, side-effects and removal-rate with Implanon® in Switzerland

S. Tschudin, A. Kang, W. Holzgreve, J. Bitzer

University Women's Hospital of Basel, Switzerland

Objectives: After the introduction of Implanon in Switzerland we investigated the first 120 patients who got inserted this implant in our clinic concerning their satisfaction and the side-effects, as well as the rate of and reason for removal of this new long-term-contraceptive. With the aim of adapting and improving our counselling we wanted to confirm our results by investigating a larger and more representative number of about a thousand users nation-wide.

Design & Methods: 1187 patients were evaluated who had an insertion of Implanon since its introduction in Switzerland 11-1999 either in an out-patient clinic or by a private gynecologist. The following data were collected retrospectively by a questionnaire answered by the responsible doctor: sociodemographic characteristics, patients motivation for insertion, side-effects, satisfaction with the method and reasons for discontinuation. Evaluation by descriptive statistics.

Results: In our first study 58% of the patients were younger than 30 years, half of them nulliparous. The main motivation for insertion was the demand for a safe contraceptive (55%), followed by comfort (23%); other reasons were an alternative to sterilization (10%) and problems with compliance (4%). The mentioned side-effects were: bleeding irregularities (82.6%) acne (18.5%), weight gain (17.4%) and mood changes (14.1%). 68% of the women were satisfied by the method. The discontinuation-rate within a year was 16%. Main reasons for discontinuation were bleeding disturbances, acne and depressive mood. The percentage of removal for bleeding irregularities was significantly lower than for the other reasons.

The preliminary data of the ongoing study seems to confirm these trends. The final results will be presented.

Conclusions: The incidence of bleeding irregularities is high, but relatively well tolerated. The incidence of acne and depressive mood, and the removal rate in our patient population were higher in comparison with reported results. Two thirds of women are satisfied by this new long-term-contraceptive.