

Contraception with etonogestrel implant: an Portuguese experience

T. Bombas, M. Tavares, G. Carvalho, T.S. Fernandes

Genetics and human reproduction, hospitais da Universidade de Coimbra, Portugal

In the last years, several routes have been developed for administration of hormones for contraception. The etonogestrel subdermal implant releasing around 30 $\mu\text{g/day}$ and maintain adequate serum concentrations to prevent pregnancy, for at least 3 years.

In Portugal we have these implant since the last year. We pretend to know the reason for these contraceptive option, secondary effects and the opinion of the users.

In these study were included 18 women. The mean age was 22,6 \pm 8,3 years (76,4% were adolescents). The medium of gestations are 2,5 \pm 1,9. In the majority (83,4%) the implant was applied for long, safe and independent of user form of contraception. In 77,8 % of the cases was applied in the puerperium period, none complications were verified because of this fact. The implant was applied with local anaesthesia in spray. All women were came for regular (1, 3, 6 and 12 months) appointments. The amenorrhoea was the secondary effect most frequent (61,4%), but it was motif for worry in only 1% of the women. The other more frequent secondary effects were acne and to put on weight, in 38,8%, but they were not significant for women. None of the women required the removal of the implant.

The contraception with etonogestrel implant must be an option not for all but for women who needs safe, long and independent of the compliance form of contraception.