SUBDERMAL CONTRACEPTIVE IMPLANT (IMPLANON?): BENEFITS AND SIDE EFFECTS

INTRODUCTION:
Implanon® is a progestogen contraceptive implant. This subdermal progestin implants provide highly effective contraception with minimal doses of hormone and require little effort for compliance. Implants may be a good first-line birth control choice. The contraceptive effect lasts three years is mainly due to inhibition of ovulation but also to changes in the cervical mucus troublesome passage of sperm.

PURPOSE:
To assess the efficacy of Implanon® for contraception and determine its side effects

MATERIALS AND METHODS:
Prospective longitudinal study of 121 women over a three years period (August 2010 to August 2013) in the Family Planning Center, University Farhat Hached Teaching Hospital - Sousse - Tunisia.

RESULTS:
The average age was 32 years. A history of medical care was noted as a hypertension (10 cases), mellitus diabetes (9 cases), dyslipidemia (4 cases) and one had a history of thrombophlebitis. Only 14.9% were primiparous. The majority of implanon® were placed in the left arm (n=108). The insertion took place the first day of the cycle in 47 cases, 33 postpartum, 21 post abortion and 20 other circumstances. There were no pregnancies recorded. Side effects reported by patients were bleeding in 47 cases, dysmenorrhea in 41 cases, pain in the arm in 41 cases, amenorrhea in 52 cases, pelvic pain in 47 cases, breast pain in 27 cases, weight gain in 42 cases, hair loss in 40 cases, mood disorders in 57 cases, hot flushes in 51 cases and hirsutism in 10 cases. The most frequent reasons for withdrawal were expiration of Implanon® in 71 cases (58.7%), desired pregnancy in 17 cases (14%) and métrorrhagia in 12 cases (9.9%). The withdrawal was difficult due to deep insertion in 5 cases (4.1%).

CONCLUSION
Implanon® is an excellent contraceptive choice. It has a rapid onset and long duration of action, but also rapid return to fertility after removal.
It is easily inserted and removed. Finally, Implanon® is a cost-effective, long-term reversible contraceptive that makes no demands on compliance to be effective.