Postpartum contraceptive preference - a cross sectional study

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Context
The postpartum period is a time of transition for a pregnant woman and her family. The contraceptive options in the postpartum period depending on women's desires such as cultural and religious believes, partner attitudes, previous contraceptive experiences.

Objective
The objective of our study is to determine the contraceptive practices among mothers in the postpartum period.

Patients and methods
All women who delivered between 1st September 2013 and 1st September 2014 in the Department of Obstetrics and Gynaecology, University of Szeged were invited to participate in the cross-sectional survey.

Interventions: Structured questionnaires have been sent code to a secured webpage by email. We prepared a 63 item question are form which was asking socioeconomic and demographic background, contraceptives methods before-after delivery, sexual activity after delivery, length and effectiveness of lactational amenorrhoea as a natural anticoncipient.

Main outcome measures: The main outcome of the study are the exact rate of reliable contraceptive users, mean breastfeeding rate and sexual habits following delivery,

Results
Data of 465 questionnaire were analysed. The average age of women in the study group is 26 (±4.96) years. The 24.95 % of women did'nt used any contraceptive methods at 6 weeks after delivery because of the lactational amenorrhea. The 51.1% of the 345 couple did'nt used reliable contraceptive methods such as (32.7%) condom, (16.2%) withdrawal, (1.5 %) vaginal douche and (0.7%) spermicide. The 16.9 % of women used progesteron only pill (POP), 3.6 % of women reported that used intrauterin device, 2.6 % of participants was hormone containing IUS user and 4.1 % of the study group was underwent sterilisation. The influence of planned pregnancy and the father's income were significantly higher among the reliable contraceptive user than in the less reliable contraceptive user (p=0.002 and p=0.036)

Conclusion
The progesterone-only pill (16.9 %), the condom (32.7 %) and withdrawal (16.2%) were the most preferred methods among the reliable and less reliable method users, respectively. 61.9 % of women in our cohort breastfeeded in 6th week following delivery. In contrast with previous studies, advice from the doctors and health-care personel (69.9%) was the most important contributing factor of the women's contraceptive choice.
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