Objective: Side effects and noncompliance of the Pill, Patch and vaginal Ring are the main cause for their high failure rates. Long-acting reversible contraceptive methods (LARC) (e.g. IUDs) are vigorously promoted. However, if they cause harm (pain and erratic or heavy menstrual bleeding are the most common side effects) they will inevitably be removed and replaced. Tolerance is the major issue.

Materials and Methods: Young nulliparous women less than twenty-five years of age and adolescent women participated in a study with the frameless IUD and the frameless LNG-IUS. Focus was on the relationship between the frameless IUD/IUS and the uterine cavity.

Results: One hundred and fifty-four nulliparous and adolescent women were enrolled. One pregnancy occurred with the GyneFix 200 IUD after unnoticed early expulsion of the device (cumulative pregnancy rate 1.1 at one year). Two further expulsions were reported, one with the GyneFix IUD and the other with FibroPlant LNG-IUS. The cumulative expulsion rate at one year was 1.1 with the copper IUD and 2.2 with the LNG-IUS. The total discontinuation rate at one year was low (3.3 and 4.3 with the copper IUD and the LNG-IUS, respectively) and resulted in a high rate of continuation of use at one year (96.7 with the copper IUD and 95.7 with the LNG-IUS, respectively). Continuation rates of both frameless copper IUD and frameless LNG-releasing IUS remained high at 3 years (>90%). There were neither perforations nor PID cases reported during or following insertion.

Conclusion: The relationship between the IUD and the uterine cavity is of paramount importance as an IUD that does not fit well will lead to side effects and subsequent removal of the IUD. The current study suggests that the frameless IUD and frameless IUS perform well resulting in high acceptability and high continuation of use.