

COVID-19 VACCINATION AND ITS IMPACT ON MENSTRUATION – A RETROSPECTIVE PRIMARY CARE STUDY

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OBJECTIVE

Menstrual irregularities have been reported post covid vaccination. Our retrospective study looked at the true prevalence across a patient population in primary care

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DESIGN

Dispelling myths of post COVID-19 vaccine menstrual irregularities is necessary to enhance uptake of the vaccine in women of reproductive age. A retrospective analysis of the database of the patient population across three sites (circa patient population 12,000) was undertaken. Patients were asked about their menstrual cycles regularity after the vaccination using an open and closed questionnaire.

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METHODOLOGY

Women aged between 12-55 years were surveyed post vaccination to assess their perception of menstrual problems vs pre-vaccination. We did not exclude women with pre-existing menstrual problems and asked if post vaccination they felt their problems worsened.

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RESULTS

Of a total patient population of 5500 , 68 patients had the COVID-19 vaccine. 50 patients of these had pre-existing menstrual irregularities and in these **21 (31%) patients admitted to a worsening of their symptoms both cycle length and regularity.**

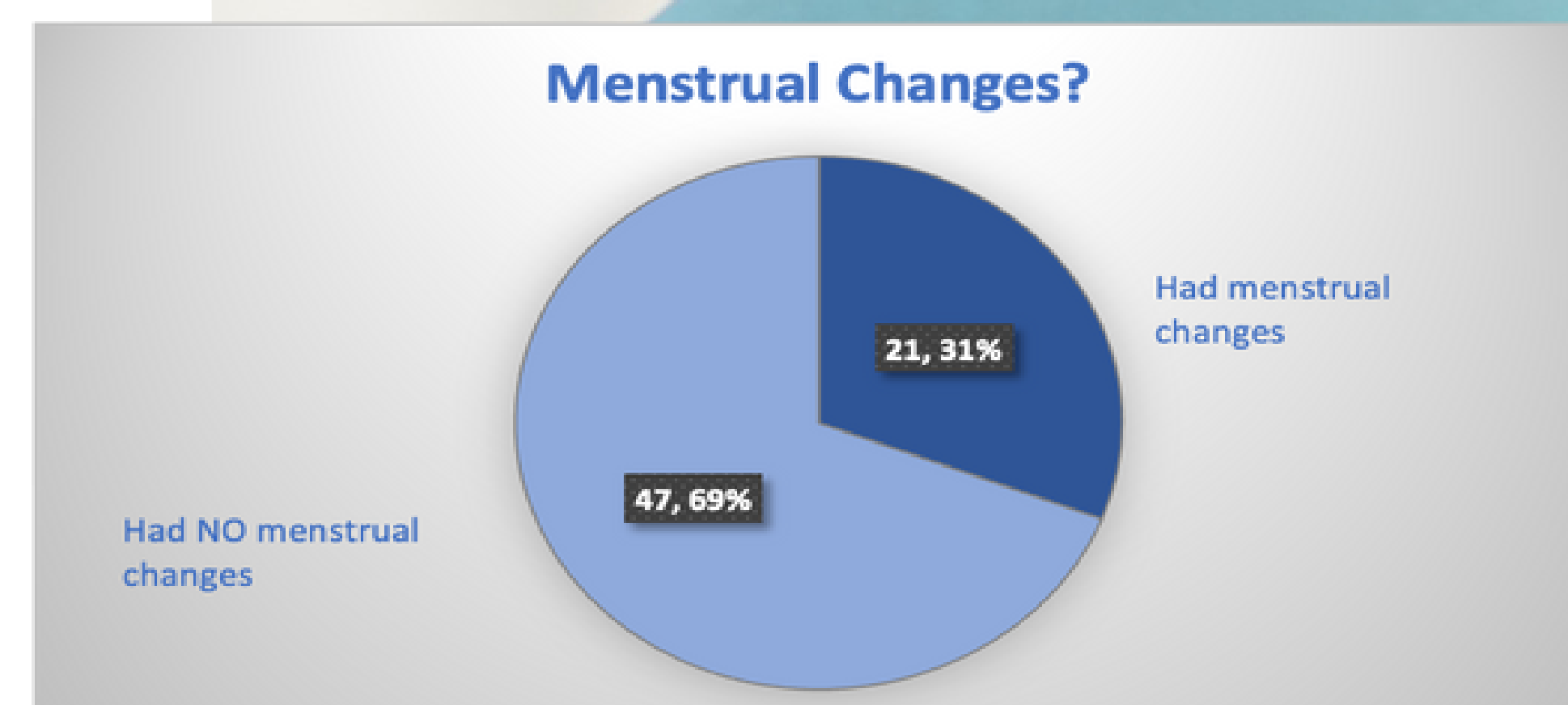


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ANALYSIS

Data Analysis shows that the uptake of the Covid vaccine was poor only 68 patients (1.23%) of 5500 accepted the vaccine. Of these 68 patients who were vaccinated were asked after having at least their first dose of COVID vaccination, **only 21 (31%) of these patients were found to have had transient menstrual cycle change. The majority 69% had no change to their menstrual cycle.**

When asked what changes they experienced, patients felt **'heavier bleeding'** during their next menstrual cycle post COVID vaccination and subsequent cycles normalised



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CONCLUSION

In studies, COVID-19 vaccination has been shown to be associated with worsening of pre-existing menstrual irregularities and the development of menstrual irregularities de novo. Women in their mid-20's to late 40's, showed a predominance of anovulatory cycles and menorrhagia . There has been no evidence found that the COVID-19 vaccine affects fertility. **We feel it was important to do this study in order to provide reassurance to patients of the reproductive age group and dispel myths of any association of significant changes to menstrual and reproductive potential. This enables us to counsel women more effectively and provide reassurance of the safety of the vaccine.**

DECLARATION

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