

UPTAKE AND DISCONTINUATION OF TCu-380A IUD IN FEDERAL MEDICAL CENTRE, ABEOKUTA, NIGERIA.

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OBJECTIVE

This study was aimed at determining the uptake of TCu-380A IUDr, the associated complications, discontinuation rate and reasons for discontinuation

DESIGN

This was a retrospective study which targeted clients who took up TCu-380A IUD and had discontinued its use

METHOD

The clients who had visited the family planning clinic of Federal Medical Centre, Abeokuta and were offered contraceptives during the 5-year period (Jan 1, 2014– Dec 31, 2018) were identified from the clinic register. Of these clients, the records of those who were offered TCu-380A IUD were retrieved and so were those of clients who came for discontinuation. Relevant data such as age, parity, previous contraceptive use, reasons for change from previous contraceptive method to IUCD, desire for more children, complications, duration of insertion, discontinuation and rationale for removal, were extracted into a standardized proforma. The data were collated and analyzed using the SPSS version 20.0. Descriptive statistics were computed for all data and results presented in simple tables and charts

RESULT

Of the 1,578 women that accepted different types of contraceptives during the study period, 579 (36.7%) chose TCu-380A IUD. The mean ($\pm$ SD) age and modal parity of the clients were 34.1 ± 5.9 years and 3 respectively. Majority of the clients were married (98.6%) and had some form of education (99.1%). The main indications for uptake of IUCD were completed family size (52.8%) and for child spacing (46.3%). Out of the 579 women who used TCu-380A IUD, 310 (53.5%) had some side effects with abnormal vaginal discharge (40.3%) and menorrhagia (25.5%) being the most common. One hundred and twenty-one (20.9%) clients discontinued its use before 5 years. Forty-four (36.4%) of those who discontinued its use did so during the first year after insertion, 39(32.2%), 18(14.9%), 14(11.6%) and 6(4.9%) discontinued its use during the second, third, fourth and fifth year respectively, after its insertion. The commonest reason for discontinuation was the desire for pregnancy in 42.0% of the clients.

CONCLUSION

IUCDs are still a popular and preferred contraceptive option among our women. However, the discontinuation rate is still high with the desire to become pregnant being the main reason for its discontinuation. It is therefore very crucial that Nigerians should be further enlightened on the benefits of limiting family size. Effective counselling should also be intensified so that women who will wish for early return of fertility be offered alternate methods of contraception.