Subdermal Etonogestrel: The Effects on Menses, Religious Duty and Sexual Relationship

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The study aim to measure the prevalence of menstrual disturbance among subdermal etonogestrel users and determine its effect on religious duty and sexual relationship. A descriptive study was conducted at Lembaga Penduduk dan Pembangunan Keluarga Negara (LPPKN), Pahang Branch between January 2010 and December 2011. Women who had their subdermal etonogestrel removed during this period were included. Data collected using self-prepared questionnaire includes the menstrual cycles prior to and during the implant usage and the effects of menses on religious duty and sexual relationship. Fifty women were recruited in this study. The mean duration of use was 33.8 months (±10.4) and the main reason for removal was completed 3 years (i.e 68%). The prevalence of menstrual disturbance whilst on subdermal etonogestrel was 78%. Seven women (15%) reported of unable to perform prayer or worship due to menstrual disturbances while nine (18%) complained their sexual activities were affected during the period of using subdermal etonogestrel. Four had reduced libido but 1 woman had reported increase libido while on subdermal implant. Despite the high prevalence of menstrual disturbance, subdermal etonogestrel is well accepted by the women. Its usage and menstrual side effects do not significantly affect the act of performing religious duty or sexual activity.