

Intrauterine Device Removal after 22 Years

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Article information	Abstract
Article history: Received: 13 May 2012 Accepted: 30 Aug 2012 Available online: 22 July 2013 ZJRMS 2014; 16(1): 100-101	IUD T380A is one of the most effective, reversible, long term methods of contraception all over the world based on the experience of World Health Organization and our own observation of women who continued to use the IUD beyond 10 years or even longer years. In this article one case of Intrauterine device removal after 22 years is reported without complications and pregnancy.
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Introduction

Intrauterine device (IUD), as a method of contraception, has been used all over the world for over thirty years; it is now one of the most widely used methods in the world. Over 150 million women use IUD, generally in developing countries predominantly in Southeast Asia and in the Middle East; however, it is considerably less used in European countries.

One reason that there are still women who do not use IUD is the incorrect and little information about IUD [1]. Scientific information claims that IUD copper T380A is effective for 12 years [2] although using it for more than 10 years does not bring dissatisfaction, side effects, signs and problems before menopause. IUD is a reversible method of contraception that does not disturb reproduction [3, 4]. IUDs do not increase the danger of neoplasia in genital system and breasts; they also decrease the danger of endometrial cancer. Intrauterine devices containing copper usually cause severe inflammatory local response in endometrium that, in turn, decreases the vitality of sperm and ovum [5]. IUD is recommended for emergency contraception if you have had unprotected sex in the past few days and need to avoid pregnancy. The present study aimed at reporting a case of IUD removal after 22 years without any side effects and pregnancy.

Case Presentation

The case was a 45 year-old housewife resident in Zahedan with junior high school education, who attended at Imam-Javad Clinic in 2012 to remove the IUD. During the previous 22 years, she had had no pregnancy and had not used any other contraceptives. In the beginning, she had had two times of her IUD check to make sure the IUD is in the right position. Due to a car accident, she had had several surgery operations in her jaw and face and had not even remembered that she had IUD. The case attended on the second day of her menstruation to remove her IUD. After lying on the gynecology bed in lithotomy position and inserting speculum in vagina and observation of IUD string, the IUD was removed using ring forceps. The

woman returned after one week for Pap smear, and using the method of soap and spatula, the sample was taken. The results of Pap smear were completely normal and no abnormal finding was observed. She came back after one month, and a new IUD was inserted in place for her.

Discussion

Using IUD has been recommended as an effective method to prevent non-hormonal, long term pregnancy with less serious side effects [5]. Chiou et al. showed that in comparison to other methods it has proved more effective and more economical that is in agreement with our findings [6]. Our study is also in agreement with the study by Bahamondes et al. 2005 under the title of "a permanent reversible method of contraception in women over 35" as Bahamondes in his study stated that no evidence was found to show that the efficiency of IUD after ten years has reduced so women after 25 years or more can use the IUD as a method of permanent reversible contraceptive device until the menopause [3]. In our case, no pregnancy happened during 22 years whereas in the study by WHO about using long-term contraceptives in a 12 years of experience, pregnancy due to usage of IUD copper T380A was 1% for each 100 women and the rate of pregnancy due to usage of IUD copper T200C was 1.9% for each 100 women and that most pregnancy cases take place in the first years of IUD insertion that is not in agreement with our findings [1]. Also in a study, Kaneshiro et al. reported that several features of the Copper T-380A make it an ideal contraceptive technique for many women; it provides long-term, extremely effective contraception, it does not affect with sexual intercourse, it does not interact with medications, it is immediately reversible, and it is not subject to amnesia or variations in medical source. Additionally, the IUD does not affect breastfeeding and does not have any hormone-related complications or contraindications. There is also no confirmation to suggest that the copper IUD is connected with weight

gain, altered libido, or mental state changes [7]. That is all in agreement with the findings in our study. Although the results of the study shows that IUD copper T 380A for 12 or more years even for 22 years does not reduce the efficiency of IUD, more studies and more cases and more years are necessary to validate the findings about the use of IUD.

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Authors' Contributions

All authors had equal role in design, work, statistical analysis and manuscript writing.

Conflict of Interest

The authors declare no conflict of interest.

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