

### Introduction

- All methods of contraception are safe and effective when started after an abortion<sup>1</sup>.
- There is good evidence that long acting reversible contraceptive (LARC) methods reduce the likelihood of a repeat abortion<sup>2</sup>.
- LARC methods include:
  - Hormone coil (LNG-IUC)
  - Copper coil (Cu-IUC)
  - Subdermal progestogen only implant (SDI)
  - Progestogen only injection (POI)
- All methods of reversible contraception are available following first trimester surgical abortion under general anaesthetic (GA) at our centre, so patients were discharged with their chosen method. Free condoms are also provided at consultation.

### Aim and Objective

- This brief retrospective notes review was to ascertain what methods were being chosen following first trimester surgical abortion under general anaesthetic (GA).
- Longer term the aspiration is to compare this data with our early medical cohort to inform our counselling and support.

### Method

- A Retrospective notes review of 100 GA surgical abortions between January and August 2023

### Results

- 100 sets of notes were audited.
- 70% chose a LARC method.
- The combined pill (COC) and progesterone only pill (POP) were other methods chosen.

Figure 1 and Table summarise the different methods

Figure 1. Contraceptive Method

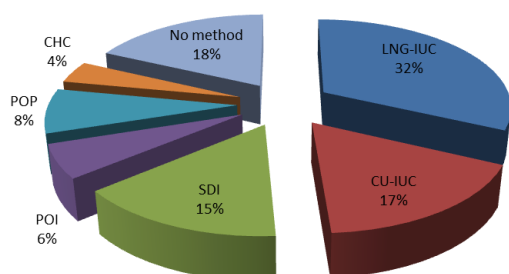


Table 1. Method of Contraception	Number Choosing
LNG-IUC	32
CU-IUC	17
SDI	15
POI	6
CHC	4
POP	8
No method/Condoms	18

- The most popular overall methods were intrauterine contraception (IUC) with almost 50% choosing these.
- There were 18 who declined any contraception or opted for condoms with "not currently being in a relationship" being a common reason for not needing anything.

### Discussion

- It is reassuring that most opted for a LARC method, this should reduce the likelihood of a repeat abortion.
- A procedure under GA is often perceived as less painful, the high uptake of IUC may reflect the "pain free" insertion of the IUC at the end of the operation.
- Longer term we plan to compare this data to our early medical abortion cohort to see if there are differences in uptake of LARC and overall choices. This will help us to inform and support our patients as part of our abortion care pathway.

### References

- Best practice in post-abortion contraception. RCOG 2022 <https://www.rcog.org.uk/media/53fhrbz2/post-abortion-contraception-best-practice-paper-2022.pdf> (accessed 21/9/23)
- Cameron ST, Glasier A, Chen ZE, Johnstone A, Dunlop C, Heller R. Effect of contraception provided at termination of pregnancy and incidence of subsequent termination of pregnancy. BJOG 2012;119:1074–80.