LACTATION AND LACTATIONAL AMENORRHOEA
WITH POST-PARTUM IUCD INSERTIONS

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The post-partum period is considered as an ideal period for propagating any
birth control technique as women are highly motivated and a number of them are
under some medical care. For the introduction of an intra-uterine con-
traceptive device (IUCD) the post-partum period was also found satisfactory
(Hingorani, 1966; Hingorani & Uma Bai, 1968; Hingorani, Uma Bai &
Kakkar, 1969a; Phatak, 1969) as insertion was found to be easy and painless
owing to the patulous os; there were no complaints of post-insertional
bleeding on account of the natural presence of the lochia. It was also felt
that when the lochia stopped the patient would then go into lactational
amenorrhea and a significant side effect of bleeding present in non-puerperal
insertions would be minimized. However, as the effects of post-partum IUCD
insertions on lactational amenorrhea and lactation were not known, this
study was undertaken.

One hundred and eighty-five post-partum women were fitted with a 30-mm
Lippes loop using a modified inserter (Hingorani, 1968) on the 3rd to 7th
post-partum day and another 106 post-partum women (without an IUCD) were
observed as control group. Haemoglobin estimation and bacteriological
studies on the cervical swab were carried out initially and after 1, 3, 6, 9 and
12 months in both groups. In addition, details regarding the amount and
duration of lochial discharge, lactation, establishment of period, menstrual
pattern and any other symptoms in both groups were recorded and patients
were followed up for 4 years. Observations on the results of cervical swab
cultures (Uma Bai, Bhujwala, Prakash & Hingorani, 1970), lochia and menstrual
patterns (Hingorani, 1970) and other symptomatology (Hingorani, Uma Bai &
Kakkar, 1969b) have been reported elsewhere. This report records the observa-
tions on the duration of lactation and lactational amenorrhea.

The duration of lactation in the study group varied between 0 and 36 months,
the average being 10.86 months, with 82% of women lactating for more than
1 month. In the control group, the lactation period varied between 0 and 30
months, the average being 6.99 months with 84% of women lactating for more
than 1 month. Detailed distribution of women in relation to duration of
lactation is shown in Text-fig. 1. The difference in the duration of lactation in
the two groups was not statistically significant \( P > 0.05 \).
In the study group, menstruation recommenced 1 to 16 months (average 4.78 months) after the delivery, whereas in the control group, menstruation was resumed after 1 to 14 months (average 5.26 months). The difference in the period of lactational amenorrhoea between the two groups was not statistically significant ($P > 0.05$). The distribution of women in relation to the period of lactational amenorrhoea is shown in Text-fig. 2. The average duration of lactational amenorrhoea as reported by Malkani & Mirchandani (1960) from the same city, was 5.25 months. This is comparable to the observations in the present study.

It is concluded that the post-partum IUCD insertions did not affect the duration of lactation or lactational amenorrhoea.

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REFERENCES


