

Acceptability of progestin only contraception

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Progestogen's were first discovered almost a century ago and have served society very well since then. However they were not without their side effects notably poor cycle control with unpredictable bleeding and wgt gain.

Today as more contraceptive options become available side effects are unlikely to be tolerated as evidenced by compliance rates. Side effects range from the mundane to the life threatening but each has a possibility to influence the acceptability of a given method of contraception.

In the latter part of the 20th century great changes prevailed Long Acting Reversible contraception became common place.—Levonogestrel releasing IUS and Progestogen only implants practically decimated Depot injections where the unpredictability of cycle normality on discontinuation impacted on the immediate return to fertility. Progestogen only pills either as anovulants or emergency contraception have also been improved on to enhance efficacy reduce side effects and improve compliance.

Once considered a second string to the combined oral contraceptive pill we now see and upsurge of progestogen only pill usage as more acceptable to many.