

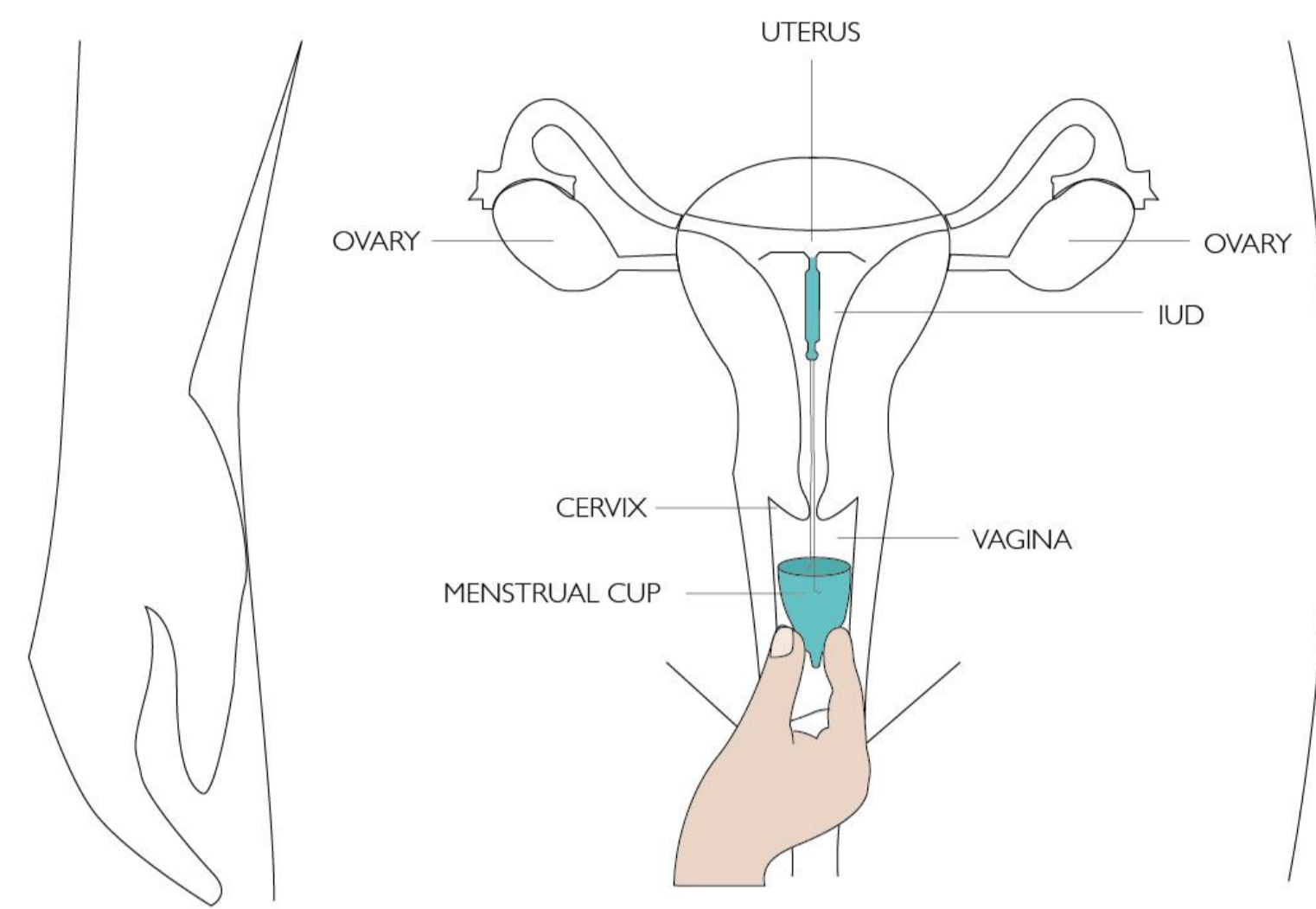
Intra-uterine Contraceptive Device Expulsion with Menstrual Cup Use: A Case Series

Dr Alexandra Edwards

Background

Reusable menstrual cup use has increased in popularity by 98% in 5 years with consumer environmental and financial concerns fuelling this trend.¹ Over the same time, intra-uterine contraception device (IUCD) use has also increased.²

A recent meta-analysis reported 13 cases of dislodgment of IUCDs³ and there is little evidence-based guidance into how we should be counseling users choosing to use these two methods concurrently.



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3 Cases of IUCD expulsion on removal of menstrual cups...

- Presenting to integrated sexual health setting in months of October and November 2019

	Case 1	Case 2	Case 3
Age	23	28	24
Parity	0	0	0
Time since insertion (months)	6	18	2
IUCD type	IUD	IUD	IUD
Expulsion type at initial presentation	Complete	Partial	Partial
Uterine position	A/V	A/V	R/V
Cavity Length (cm)	7	8	8

All had uncomplicated, successful IUCD replacements

Counselling Points for Consideration

- ✓ Enquire into use of menstrual cup use at time of insertion, particularly with those choosing the copper-containing non-hormonal IUCD
- ✓ Consider cutting threads shorter in women who plan to use menstrual cups following insertion or at follow up
- ✓ Delay use of menstrual cups for 6 weeks post insertion

The cases reported dislodging the coil after attempting to remove the IUCD by pinching the main body of the cup and threads becoming caught and pulled through the cervix

Instead, users should be advised to remove cups by:

- Placing traction on the stem of the cup

OR

- Hooking one finger over the lip of cup

Conclusions

- The characteristics of the cases are reflective of the demographic using menstrual cups and would be considered otherwise low-risk for expulsion (nulliparous, young, more than 6 weeks post insertion).
- The IUCDs expelled were all copper-containing non-hormonal devices which is expected due to menstrual blood loss being greater in users of this type compared to intra-uterine system users
- Targeted counseling is required to instruct users how to remove menstrual cups in the presence of an IUCD to minimize risk of dislodgement. More clear, evidence-based guidance needs to be developed to better inform clinicians on how best to do this.

1. <https://www.mooncup.co.uk/why-mooncup/>

2. NHS Digital, Statistics on Sexual and Reproductive Health Services (Contraception), [Internet]. April 2019. Available from: <https://digital.nhs.uk/data-and-information/publications/statistical/sexual-and-reproductive-health-services/2017-18>

3. van Eijk AM, Zulaika G, Lenchner M, Mason L, Sivakami M, Nyothach E, et al. Menstrual cup use, leakage, acceptability, safety, and availability: a systematic review and meta-analysis. *Lancet Public Health* 2019; 4: e376–93