Bölüm 12

KONTRASEPTİF YÖNTEM OLARAK RAHİM İÇİ ARAÇLAR

Raziye TORUN[1]

Rahim içi araç (RİA), yüksek etkinliği ve güvenliği, kullanım kolaylığı ve maliyet etkinliği nedeniyle en çok kullanılan uzun etkili geri dönüşümlü kontrasepsiyon yöntemidir. Kadın doğum kontrolü kullanıcılarının ortalama yüzde 23'ü tarafından kullanılmaktadır; ülkeye bağlı olarak yüzde <2 ila >40 aralığındadır (1, 2).

Hamileliği önlemek için cerrahi sterilizasyon kadar etkili, cerrahi olmayan bir seçenek sunar.

RİA yerleştirilmesi ve çıkarılması genellikle ofis ortamında eğitimli kişiler tarafından gerçekleştirilebilecek nispeten basit prosedürlerdir. Genel olarak mükemmel güvenlik profiline rağmen, yerleştirme sırasında ve yerleştirmeyi takip eden farklı zaman noktalarında yan etkiler ve komplikasyonlar ortaya çıkabilir.

RİA TİPLERİ

En sık kullanılan RİA'lar plastik bir çerçeveye sahiptir ve cihazın kontraseptif etkisini arttırmak için bakır veya progestin salgılar.

Bakırlı RİA, 380 mm^2 bakır içeren T şeklinde bir cihazdır. ABD Gıda ve İlaç İdaresi (FDA) tarafından 10 yıl kullanım için onaylanmıştır (3).

Levonorgestrelli (LNG) RİA'lar, LNG RİA' lar, LNG' yi serbest bırakan T şeklinde cihazlardır. Değişen miktarlarda LNG salan, yaygın olarak bulunan dört LNG RİA' sı vardır (4-7). Ülkemizde sadece 52 mg LNG içeren RİA (bilinen ticari ismi MİRENA) bulunmaktadır.

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Hastalık Kontrol ve Önleme Merkezleri (CDC) uyarınca, LNG'li RİA'yı meme kanseri tedavisi gören veya meme kanseri öyküsü olan kişilerde doğum kontrolü için kullanmıyoruz.

DİĞER:

LNG'li RİA'ların aktif karaciğer hastalığı gibi hormonal açıdan hassas spesifik durumlarla ilgili ek göreceli kontrendikasyonları vardır. Bu sorunları yaşayan kişiler bakırlı RİA'ları güvenle kullanabilirler.

RİA'LI HASTALARDA MANYETİK REZONANS GÖRÜNTÜLEME:

RİA'lı bireyler manyetik rezonans görüntüleme (MRI) prosedürlerini güvenli bir şekilde geçirebilirler. Bazı RİA'lar metal içermesine rağmen (bakır RİA'lar, LNG'li 19,5 ve 13,5 mg RİA'lar gümüş halkalıdır), bu RİA'lar tıbbi teşhis için kullanılan MR sırasında hareket etmez veya yerel sıcaklığı önemli ölçüde artırmaz (manyetik alanlar ≤3,0 Tesla birimi) (4-7, 26, 123).

Bakırlı ve 19,5 ve 13,5 mg LNG'li RİA kullanıcıları, MR sırasında RİA'nın varlığı konusunda radyoloğa bilgi vermelidir; çünkü bu, kullanılan sekansların tipini, çalışmanın süresini ve meydana gelebilecek artefaktları etkileyebilir. Spesifik olarak, bakır 380 mm^2 RİA paketinin prospektüsünde 1,5 Tesla›lık manyetik alanların kabul edilebilir olduğu belirtilmektedir, ancak cihaz aynı zamanda incelenmiş ve 3,0 Tesla›da güvenli bulunmuştur (26).

52 mg LNG'li RİA Liletta kullanıcıları ≤3,0 Tesla manyetik alanlarla MR çalışmalarına güvenle girebilirler (89).

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