Pain from copper intrauterine contraceptive device insertion: Randomized trial of prophylactic sublingual misoprostol

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Abstract

Objectives: This study was undertaken to determine whether ٤٠٠-µg of sublingual misoprostol can alleviate pain from insertion of an intrauterine device (IUD) and to measure level of pain with improved techniques.

Study Design: a randomized, double-blind, placebo-controlled trial of ١٥٠ first-time IUCD users: ٦٠ women received placebo and ٩٠ women received ٤٠٠ -µg of sublingual misoprostol. Participants took the tablets at least ٦٠ minutes before IUCD insertion. Immediately after insertion, participants recorded level of pain by using a ١٠-cm visual analog scale (VAS), with the value of ١٠ meaning "worst imaginable pain. The investigator evaluated the pain or discomfort felt at each potentially painful stage of the examination (speculum placement, cervical grasping and traction, sounding, loop insertion) based on verbal expression or physical manifestations.

Results: The mean VAS score for placebo group was significantly higher than that for the misoprostol group. The groups did not significantly differ in their reactions to placement of the speculum or cervical grasping stage but significantly differ in sounding of the uterus and loop insertion.

Conclusion: sublingual misoprostol is likely to be an effective method for decreasing pain associated with IUD insertion by decreasing the transcervical actions.

Key words*:* pain, copper intrauterine device, misoprostol, sublingual, cervical priming.