

Factors affecting the pre- and post-elective abortion contraception choices in Iowa

Lindsey L. Michaels, MD,¹ Miriam B. Zimmerman, PhD,² Colleen K. Stockdale, MD,¹
Abbey J. Hardy-Fairbanks, MD¹

Keywords: contraception behavior, abortion, Iowa

Objective

To characterize the contraceptive uses and identify contraceptive concerns and preferences among Iowa women seeking abortion.

Methods

A cross-sectional study conducted between 6/2012-11/2012 at four Iowa reproductive health clinics. All women seeking abortion services were offered written surveys querying rates of contraceptive use, types of contraceptives, perspectives, barriers and others significant co-factors contraception non-use.

Results

408 women completed surveys and 237 (58.1%; 95% CI: 53.1-62.9%) were not using contraception at the time they became pregnant, significantly more than the national average of 46%. Of the 171 (41.9%) who were using contraception, the mostly commonly cited reason for contraceptive failure was improper use (32.4%). Of those using contraception, combined hormonal contraception was the most commonly used method (49.0%). Most common reasons for non-use were side-effects (29.0%), followed by the belief in a low risk of pregnancy (26.2%). Post-procedure, 91.2% of respondents discharged with a contraceptive method,

¹Department of Obstetrics and Gynecology, Carver College of Medicine, University of Iowa Hospitals and Clinics, Iowa City, IA, 52242

²College of Public Health, University of Iowa, Iowa City, IA 52242

Please cite this abstract as: Michaels LL, Zimmerman MB, Stockdale CK, Hardy-Fairbanks AJ. Factors affecting the pre- and post-elective abortion contraception choices in Iowa. *Proc Obstet Gynecol.* 2013;3(3):Article 13 [2 p.]. Available from: <http://ir.uiowa.edu/pog/>. Free full text article.

Corresponding author: Lindsey L. Michaels, Department of Obstetrics and Gynecology, University of Iowa, 200 Hawkins Drive, Iowa City, IA 42242, lindsey-michaels@uiowa.edu

This is an Open Access article distributed under the terms of the Creative Commons Attribution 3.0 Unported License (<http://creativecommons.org/licenses/by/3.0>), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

most often oral contraceptives (41.9%). The most common reason for chosen method was ease of use (31.1%). Most common side-effect concerns cited as influencing contraceptive choice included weight gain (67.9%) and irregular bleeding (32.9%); these concerns were not significantly different ($p=0.70$ and $p=0.27$, respectively) between those using and not using prior to conception.

Conclusion

Reported contraception use prior to seeking abortion care is lower in Iowa than the national average. Appropriate counseling of women about actual risk of unplanned conception, side effects and ease of use of contraceptive methods at all opportunities may improve uptake of highly effective methods rather than combined hormonal contraception.

Presented at "Controversies in the Care of Women with PREECLAMPSIA A NATIONAL DEBATE," the University of Iowa Obstetrics and Gynecology Postgraduate conference, 18 October 2013, hotelVetro & Conference Center, Iowa City, Iowa 52240.