International Journal of Science and Research (IJSR)
ISSN (Online): 2319-7064
Index Copernicus Value (2016): 79.57 | Impact Factor (2015): 6.391

Manual Vacuum Aspiration in First Trimester Induced Abortion: A Randomized Comparative Prospective Studies of 80 Cases

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Abstract: ***Background: Induced abortion is one of the safest procedures for unwanted pregnancies in medical practice. Vacuum aspiration is the preferred method for uterine evacuation before 12 weeks of pregnancy. Objectives: To study the efficacy of manual vacuum aspiration (MVA) in <8 wk versus 8–12 wk of pregnancy. Materials and Methods: A randomized comparative prospective study was performed at the Department of Obstetrics and Gynaecology, Government Rajaji Hospital, Madurai, over a period of three months from February 2017 to April 2017. Totally, 80 subjects were enrolled in the study, which were further divided into two groups (<8 wk and 8–12 wk of pregnancy). MVA was performed in both the groups, and comparison was done in view to evaluate completeness of procedure, requirement of add-on procedure, and complications. Results: Of 80 subjects, perforation was found in two cases in group A(50) and one case in group B(30). Requirement of oxytocics noted in two cases in group A, whereas only one case in group A. All complications were found statistically insignificant (P = 1) between both the groups. Conclusion: This study focused on the efficacy of MVA in late first trimester, which was equal in both the groups. Thus, MVA is a safe and an acceptable procedure up to 12 wk of pregnancy.***

Keywords: Manual vacuum aspiration, complications, efficacy

1. Introduction

Early pregnancy loss, also known as miscarriage or abortion, is a common experience for women and responsible for the maximum number of pregnancy losses. Miscarriage of an early pregnancy is the commonest medical complication, affecting 10–20% of clinically recognized pregnancies. Of the estimated 211 million pregnancies worldwide that occur each year, about 46 million are terminated by induced abortion. According to WHO, each day, 192 women die because of complications arising from unsafe abortions. Despite advancement in the medical technology, unsafe abortion-related complications contribute to 10–13% of maternal deaths in the developing countries. Induced abortion is one of the safest procedures in medical practice. Hence, India legalized this induced abortions through Medical Termination of Pregnancy (MTP) act. National population policy 2000 of India has made goal to decentralize abortion services and adoption of new technology for MTP. Vacuum aspiration involves the evacuation of the contents of the uterus through a plastic or metal cannula, attached to vacuum source. Electric vacuum aspiration (EVA) employs an electric vacuum pump. In manual vacuum aspiration (MVA),the vacuum is created using a handheld, hand-activated, plastic syringe. MVA has been in use for more than 30 years with varying opinions on its safety from different experts. Vacuum aspiration is safer than sharp curettage, and the WHO recommends vacuum aspiration as the preferred method for uterine evacuation before 12 weeks of pregnancy. This method is faster, safer, more comfortable, and associated with shorter hospital stay for induced abortion than sharp curettage. Additional advantages compared with sharp curettage are its ease of use as an outpatient procedure, the need for less analgesia and anesthesia, and its lower cost per procedure especially if performed on an outpatient basis. It is also included under National Rural Health Mission and safe abortion services. MVA, with its advantages of simplicity, non-dependence on power supply, and comparable or even low complication rates, is emerging as the preferred method for first trimester pregnancy termination.MVA can be done up to 12 wk of pregnancy, but certain studies recommend up to only 10 wk and more incompleteness in higher weeks of pregnancy. Hence, we carried out this study to evaluate its efficacy up to 12 wk.

2. Materials and Methods

We conducted a randomized comparative prospective study at the Department of Obstetrics and Gynaecology, Government Rajaji Hospital , Madurai over a period of three months from February 2017 to April2017. Totally, 80 subjects were enrolled in our study, which were divided into two groups (group A, <8 wks of gestation with 50 subjects and group B, 8–12 wk of gestation with 30 subjects).Patients who visited OPD for induced abortion were selected according to the weeks of gestation after detailed history and examination. Written and informed consent was taken. Routine investigations were performed in all subjects. Cervical ripening was achieved with 400 mg misoprostol tablet before 2 hours. In both the groups, Ipas MVA syringe was used for the MTP. Completeness of procedure, requirement of add-on procedure (EVA or curettage), and complications were noted. Patients were discharged on the next day (24 hours of procedure) if no complication occurred. Patients were called for follow up in OPD on 15th day. The follow up was compiled and documented.

3. Results

Totally, 80 subjects were included in the study. In both the groups, patients of different age, parity, and area of residence were included (Table 1). Perforation of uterus was noted in two cases in group A, whereas in one case in group B (P = 1, insignificant). All patients with perforation were treated conservatively. Only one case in group B required oxytocics drug during the procedure, whereas two cases noted in group A (P = 1, insignificant). Incomplete abortion was found in ten cases in group A, whereas in six cases in group B(P = 1, insignificant). All cases of incomplete abortion were treated by simple curettage.

4. Discussion

In our study, the mean age was 27 yrs in group A and 25yrs in group B. The efficacy of the procedure was 80% in group A (<8 wk) and 80.2% in group B (8–12 wk) in our study.The complication rates were 28.1% in group A and 26.4% in group B; add-on procedure (check curettage) was requiredin 20% in group A and 19.8% in group B.

General Characteristics

	GROUP A	GROUP B
AGE		
< 20 YRS	1	3
20-30 RS	44	18
>30 YRS	5	9
PARITY		
1	10	6
2	26	13
3	14	9
>/= 4	-	2
AREA		
URBAN	28	16
RURAL	22	14

Complications

	GROUP A	GROUP B
PERFORATION	2	1
REQUIRING OXYTOCIN	2	1
INCOMPLETE ABORTION	10	6

Many studies have been published about the efficacy and complications of MVA. Samal et al.[14] evaluated MVA and EVA in first trimester and found 97% effectiveness of MVA, similar to our study. Paul et al.[15] showed 98% efficacy for MVA, also almost similar to our study. Begum et al.[16] studied the management of incomplete abortion by MVA and found effectiveness of the procedure to be about 98% with very low post procedure complication rate (2%).MVA requires marginally more time compared to EVA, especially at higher weeks of gestation. In this study, we tried to find out the effectiveness of MVA \studies should be performed on larger grounds. Nine of 100 maternal deaths are because of unsafe abortions. Hence, comprehensive abortion care has been started under National Rural Health Mission. Introduction of the MVA technique is useful to expand safe abortion services in remote areas. The MVA technique is a safe and simple for MTP, which makes it feasible even at Primary Health Centre or Community Health Center levels. Thus, we concluded that procedure is equally efficacious in <8 wk and 8–12 wk of pregnancy. So, MVA is a safe and an acceptable procedure.

5. Conclusion

This study focused on efficacy of MVA in higher weeks of gestations. All noted \complications were found statistically in significant between both the groups. The efficacy of the Manual vacuum aspiration in first trimester procedure was 96% in group A and 94% in group B. Thus, we conclude that procedure is equally efficacious in <8 wk and8–12 wk of pregnancy. Hence, MVA is a safe and an acceptable procedure up to 12 wk of pregnancy.

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[20] Source of Support: Nil, Conflict of Interest: None declared. International Journal of Medical Science and Public Health | 2015 | Vol 4 | Issue 2\Parmaret al.: Manual vacuum aspiration in first trimester