

Yanae® a game changer in copper IUD insertion? Report of a challenging clinical case

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Background:

Copper IUD is one of the most efficient and cost-effective contraception. Standard IUD insertion procedure usually involves measurement of uterine cavity with a uterine sound and the use of a tenaculum to facilitate device insertion. Both procedures may be painful for patients which is often a barrier to IUD use for both women and health care providers^{1,2}.

Yanae®, a copper IUD with an original inserter using CrossGlide™ technology, was specifically developed to facilitate cervical crossing during insertion and to fit most of uterus shape. The 4 principal steps using Yanae® insertion procedure are described in Figure 1. These innovative features of Yanae® inserter rely on a frictionless and flexible inflatable membrane (Figure 2).

Methods:

Patient clinical data, including gynaecological history, uterine anatomy, and IUD insertion attempts, were collected retrospectively by health care provider performing the insertions.

Clinical history:

A 37-year-old woman, with two vaginal deliveries, desired to renew her copper IUD. Gynecological information:

- Anteverted retroflexed uterus
- Length = 9.3 cm; Width = 6.8 cm
- Uterine infection after a previous IUD insertion
- Previous IUD was inserted under general anesthesia

Case report:

Table 1 describes the three IUD insertion attempts and their outcome:

- Two first IUD insertion attempts with a standard rigid inserter were unsuccessful despite tenaculum use. Both attempts failed due to a steep cervical angle.
- During the second attempt, the patient experienced severe pain causing cervical spasms.
- As the patient still wanted a copper IUD, a general anaesthesia was initially considered to perform the third attempt but Yanae® was finally proposed by the health care provider as an alternative option. Thanks to its specific inserter, IUD insertion was successfully and easily done without the need of a tenaculum. The patient experienced minimal pain during the procedure. The correct position of the IUD was confirmed by pelvic ultrasound performed one week after (Figure 3).

Conclusions:

This clinical case highlights the clinical benefit of Yanae® compared to other IUDs with standard rigid inserter. Yanae® allowed an easy, smooth, and painless IUD insertion. This innovative technology has dramatically changed the clinical journey of this patient by avoiding unnecessary and cumbersome hospitalization.

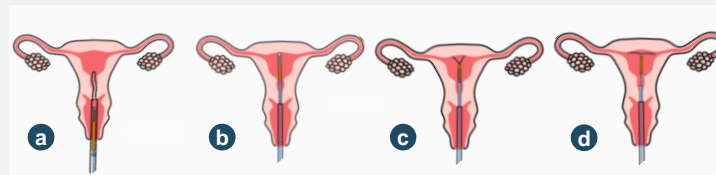


Figure 1: Description of Yanae® IUD insertion procedure (a) Cervical access with the inflatable membrane. (b) Reaching the uterus fundus. (c) IUD deployment at the fundus. (d) Membrane withdrawal.

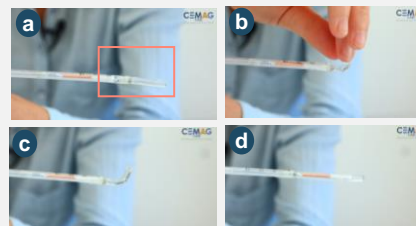


Figure 2: Inflatable membrane in the red box (a) is flexible (b), it keeps the shape (c) and can carry a copper IUD (d).

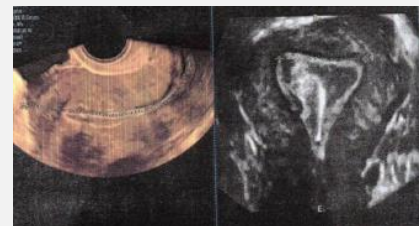


Figure 3: 3D pelvic ultrasound one week after insertion

	IUD used - size	Insertion procedure	Patient pain	Outcome
1	380 NSTA – standard	Direct technique using tenaculum	Moderate	Failure
2	380 NSTA – standard	Direct technique using tenaculum	Severe	Failure
3	Yanae® - standard	Yanae® procedure*	Minimal	Successful

Table 1: IUD insertion description attempts *see procedure description Figure 1

References:

- 1) Rapkin et al. Self-Administered Lidocaine Gel for Intrauterine Device Insertion in Nulliparous Women: A Randomized Controlled Trial. *Obstet Gynecol.* 2016 Sep;128(3):621-8
- 2) Akers et al. Reducing Pain During Intrauterine Device Insertion: A Randomized Controlled Trial in Adolescents and Young Women. *Obstet Gynecol.* 2017 Oct;130(4):795-802.