Lidocaine gel exhibits comparable local anesthetic effects as of lidocaine spray during insertion of the intrauterine contraceptive device

NEWS
Pain Management

A recent research study published in European Journal of Contracept Reprod Health Care had shown comparable local anesthetic effects of lidocaine gel and lidocaine spray in lessening the pain during insertion of the intrauterine contraceptive device (IUCD).

Intrauterine contraceptive devices are one of the long-acting reversible ways of contraception for women. Most of the females feel a little pain or cramps during IUCD insertion, and for some women, it can be worse. Therefore, local anesthesia like lidocaine is given at the time of insertion to reduce the pain. Lidocaine is available in two forms, gel and spray. Now, it is a matter of interest that which out of these is more suitable and effective form of anesthesia. To evaluate the pain-relieving effect of both forms of lidocaine form, a prospective multicenter non-randomized comparative study was conducted. During the study, the researcher also evaluated the pain levels in no anesthesia zone during IUD insertion.

The study included a total of 420 females. These were divided into three groups of 140 and equipped with the same type of IUCD. The first group received lidocaine gel; group 2 received lidocaine spray and group 3 was treated without applying any anesthesia. A visual analogue scale was used to estimate the intensity of pain.

The results showed no significant difference between three groups regarding baseline characteristics like age and number of deliveries. Females who had local anesthesia, either gel or spray, felt less pain during cervical traction. However, no significant differences in pain levels were reported during IUCD insertion. Therefore, it was concluded that local anesthesia decreased the pain which was due to cervical traction, not due to IUCD insertion.

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