SEXUAL FUNCTION IN WOMEN AFTER VAGINAL CHILDBIRTH VS CESAREAN.

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OBJECTIVES

The deterioration of the postpartum sexual function in patients after vaginal childbirth is presently analyzed.

For the purpose of investigating the impact of birth conditions on postpartum sexual function the PISQ-12 questionnaire was aimed to first-time mother patients after eutocic and caesarean births.

INTRODUCTION

As well as being of scientific interest postpartum sexual health is a topic of relevance of which, however, limited information is yet available to date. Perineal pain and dyspareunia are commonly associated with perineal injuries during vaginal childbirth, being particularly persistent in the case of eutocic births after episiotomy. On the other hand, women with no perineal injury show an improved postpartum sexual Health irrespectively of whether they experienced a caesarean or a eutocic birth, on condition that the latter lacks of any relevant lesion.

Regarding caesarean delivery, one of its benefits when compared with the other vaginal childbirths is the absence of lesion of the pelvic floor and the immediate resumption of the sexual activity. Conversely, the number of studies on the sexual dysfunction after caesarean delivery is much reduced.

METHODS

We performed a prospective study selecting all the primiparous patients who gave birth in Hospital General de Granollers between January 1st and March 31st, 2014. Patients took the PISQ-12 questionnaire 6 months after the delivery day. In total 62 patients responded, 23 were cesarean deliveries and 39 eutocic delivery (26
with episiotomy, 5 had no injuries, 4 suffered a first-degree injuries and 4 a second-degree injuries).

To our purpose, the group of control was taken to be that of the caesarean childbirths. The sexual function of all these women during the following six months from labour was analyzed. A PISQ-12 questionnaire, a validated form to evaluate sexual function of women with potential pelvic organ prolapse and urinary incontinence, was used in the present study.

**RESULTS**

Results showed noteworthy differences, with a $p= 0.029$ and a confidence interval of $-3.726$ and $-0.205$ favorable to the group of cesarean $t=-2.233 \ (df59) \ p<0.05$.

The most remarkable differences when comparing the group of caesarean with that of the eutocic (with no injuries) were obtained for questions 4, 5 and 9.

When comparing the group of births with either no injuries or first-degree injuries with the group of caesarean, no significant differences were obtained for any of the questions.

Therefore delivery with either no injuries or first-degree injuries did not worsen their sexuality regarding cesarean group.

Finally, noteworthy differences appeared both in questions 4 and 5 as well as in the general overview when the compared groups were the caesarean and the episiotomy ones.
CONCLUSION

Therefore, it can be concluded that vaginal childbirth deteriorates the sexual activity with respect to caesarean delivery on condition that labour proceeds with neither injury nor first-order injuries.

The reduced numbers of deliveries free of injuries on first-time mothers together with the lack of PISQ data prior pregnancy are found to be relevant limitations in this case. Therefore, in order to increase the statistical power of the current study, this is to be extended to a larger group of first-time mothers.

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Present at Annual Meeting 2015, Slovenia