

Sugammadex administration and contraceptive advice: A survey of clinical knowledge and practice

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Background

Sugammadex is a commonly used drug in anaesthesia which selectively reverses neuromuscular blockade after the administration of rocuronium. It can lead to in vivo activation of progesterone which may cause temporary hormonal contraceptive failure, hence increasing the risk of unwanted pregnancy. Studies have shown that awareness is variable amongst healthcare professionals, and risk counselling and contraceptive advice remains uncommon (1,2).

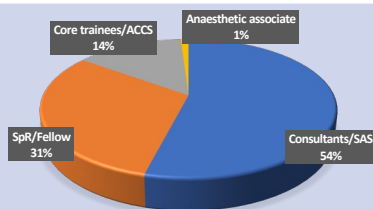
Aims

1. To survey the anaesthetists at NUH's knowledge of the drug interaction between sugammadex and contraceptives.
2. To investigate their counselling practices surrounding sugammadex use.

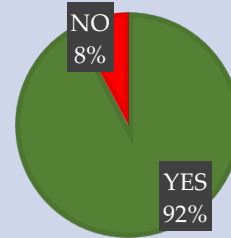
Method

A survey was distributed anonymously amongst anaesthetists at across two sites at Queens Medical Centre and Nottingham City Hospital.

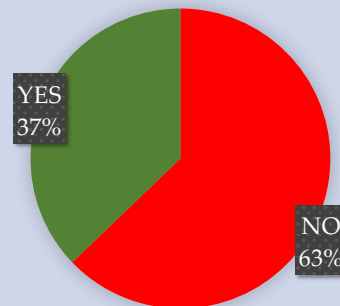
Results: 80 responses



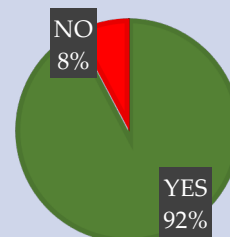
Are you aware that sugammadex could temporarily cause contraceptive failure?



Do you routinely inform patients of child-bearing age after an operation that they had received sugammadex and to take additional precautions?



Would a leaflet on 'Contraceptive Advice Following Sugammadex Use' be useful?



Findings

- Knowledge of contraceptive failure risk was common (92%).
- Those who were unaware of the drug interaction were junior trainees with less than three years of experience in anaesthesia.
- 63% of anaesthetists do not inform women of child bearing age of sugammadex administration or counsel on contraceptive precautions.
- Most (91.7%) agreed that a leaflet on 'Contraceptive Failure Risk and Advice' following sugammadex administration would be useful in improving counselling and information provision practices.

Discussion and Recommendations

- The results at NUH is in keeping with other literature surrounding the topic (1,2).
- Sugammadex came off patent in the UK in June 2023, hence its use is becoming more common.
- Anaesthetists' are aware of the drug interaction between sugammadex and contraceptives, but appropriate information provision and counselling remain uncommon at NUH.
- Education needs to be provided for new trainees.
- Information giving and counselling needs to be promoted.
- Patient information leaflet could be help to rectify our current practices to provide the best possible outcome for women of child bearing age.

References

1. Lazorwitz, A., Dindinger, E., Aguirre, N. *et al.* Pre- and post-operative counseling for women on hormonal contraceptives receiving sugammadex at an academic hospital. *J Anesth* **34**, 294–297 (2020). <https://doi.org/10.1007/s00540-019-02725-2>
2. Stacey, K., Magee, D., & Chaggar, R. S. (2018). I am pregnant... it was the anaesthetist!. *British Journal of Anaesthesia*, *121*(1), e10.