

The Impact of COVID-19 Vaccine on Menstrual Cycle in Saudi Females in Jeddah City

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ABSTRACT

Background and Objectives: There have been reports on changes in the menstrual period in the course of the COVID-19 pandemic. This research specifically seeks to determine the impact of COVID-19 vaccine on the menstrual cycle in Saudi females in Jeddah City.

Design: Cross-sectional

Settings: Jeddah City, Saudi Arabia

Methods: We conduct a total of 421 online surveys and phone call interviews with participants who are between 20 to 40 years old, living in Jeddah City, not pregnant, and have no gynecological problems or abnormalities for this cross-sectional study. Interviews and surveys were taken between January to April 2022 and data were calculated using SPSS version 23.

Sample size: 421

Main Outcome Measures: COVID-19 impact on the menstrual cycle.

Results: The majority of the respondents in this study were single, have normal BMI, and were recipients of the COVID-19 vaccines, where 59.7% of them were on their third dose. Before the beginning of the COVID-19 pandemic, most of them did not have heavy periods (75.8%), painful periods (54.6%), or even missed periods (78.1%). The majority reported that there were no changes observed in terms of premenstrual symptoms (61.5%) and libido/sex drive remained unchanged to most (88.1%). Preliminary findings show that there have been no significant differences in the menstrual cycle of the participants in terms of regularity, bleeding, pain, and heavy periods after receiving the COVID-19 vaccine.

Conclusion: The COVID-19 vaccine did not significantly change the menstruation period in women in terms of bleeding, heavy periods, pain, and regularity. Results can be used as evidence and supporting documents to convince and clear any kind of misinformation existing in the minds of those hesitant and unvaccinated individuals about receiving the COVID-19 vaccine and its implications on gynecological health.

Limitations: The majority of respondents were single and using contraceptives and these variables may also affect the results of less represented sample characteristics.

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