

## DAFTAR SINGKATAN

- WHO : *World Health Organization*
- IUD : *Intra Uteri Device*
- PMS : *Premenstrual Syndrome*
- VDS : *Verbal Descriptor Skale*
- NRS : *Numerical Ranting Scales*
- VAS : *Visual Analog Scale*
- WWZ : *Warm Water Zak*
- SOP : *Standart Operating Procedur*