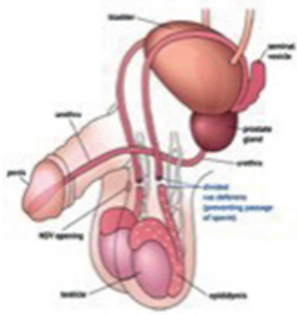


CONTRACEPTIVE OPTIONS

VOLUNTARY SURGICAL CONTRACEPTION

VASECTOMY



Uterine tube

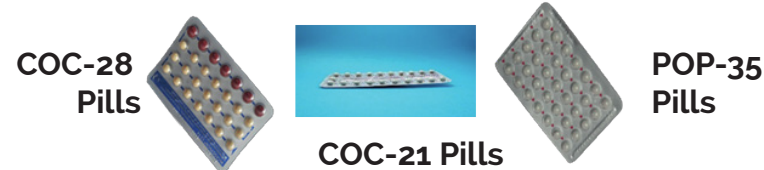
BILATERAL TUBAL LIGATION



Cut and blocked

- Vasectomy – Surgical procedure that cuts and blocks the **man's sperm tubes**
- Bilateral tubal ligation – Surgical procedure to **cuts and blocks** the woman's **uterine tubes**.

ORAL CONTRACEPTIVES



- **Combined Oral Contraceptive (COCs)** also called "the Pill" contains low doses of progestin and estrogen like the natural hormones in a woman's body
- **COCs come in 28 and 21 pill packs**
- Progestin Only Pills (POPs) also called "minipills" contain only one hormone- progestin
- POPs come in a 35 pill pack

PATCH AND PROGESTERONE VAGINAL RING (PVR)



Patch

PVR

- **Patch** - Small sticky patch that releases hormones into a Woman's body through the skin to prevent pregnancy.
- **PVR** – A soft progestone containing ring inserted deep into the Vagina and releases the hormone slowly over time.

NATURAL METHODS



Standard Days Method (cycle bead)

Calendar method

Lactational Amenorrhea Method

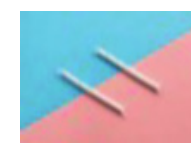
- **Standard Days Method** – Uses Cycle beads to help the woman to track her cycle to know fertile and infertile days
- **Calendar method** - tracks days in the menstrual cycle to identify start and end of fertile time
- **LAM** – Its suited for a woman who is exclusively breastfeeding, the baby is less than 6 months and the monthly bleeding has not resumed

LONG TERM METHODS

IMPLANTS AND INTRA-UTERINE DEVICE (IUD)



1 Rod implant



2 Rod implant



Hormonal IUD



Copper IUD

- **Implant - 1 or 2 rods** inserted under the skin of the woman's upper arm that slowly releases progesterone hormone over 3 or 5 years.
- **Copper IUD** – Small T-shaped, device inserted into the uterus that releases copper ions to prevent pregnancy for up to 12 years.
- **Hormonal IUD** – Small T-shaped device inserted into the uterus that releases progesterone hormone to prevent pregnancy for 3-5 years.

INJECTABLE CONTRACEPTIVES



DMPA-SC



Monthly Injection (CIC)



DMPA-IM



2 Monthly Injection (NET-EN)

- **DMPA SC** - Progesterone only subcutaneous injection given every 3 months
- **DMPA IM** - Progesterone only intramuscular injection given every 3 months
- **NET-EN** - Progesterone only intramuscular injection given every 2 months
- **CIC** – Combined hormonal intramuscular injection given every month

BARRIER METHODS



Female Condom



Female Condom

- **Female condoms** – Thin sheath inserted in to the vagina for single use to prevent pregnancy and STIs including HIV
- **Male condoms** – Thin sheath worn over an erect penis for single use to prevent pregnancy and STIs including HIV

SHORT TERM METHODS