



FAMILY PLANNING METHODS



Contraceptive Implants

- 1 (one) or 2 (two) small rods placed under the skin of a woman's upper arm that slowly releases progesterone hormone. Provides protection for 3 to 5 years.
- Highly effective.
- Can be used by all women of reproductive age.
- Must be inserted and removed by a trained health care provider.
- Immediate return to fertility after removal.
- Unexpected light bleeding or spotting may occur, or monthly bleeding may stop. Not harmful.
- Safe during breastfeeding and can be used from childbirth.



Injectable Contraceptives

- Three types: DMPA-IM/SC—injection every 3 months (13 weeks); NET EN—injection every 2 months; Combined Injectable contraceptive—injection every month.
- Can still get next injection even if 4 weeks late for DMPA, 2 weeks late for NET EN, or 1 week late for monthly injectables.
- Effective and safe.
- Can be used by women of reproductive age.
- DMPA and NET EN are safe during breastfeeding, starting 6 weeks after childbirth. Combined injectable not advised.
- Client can self-inject DMPA-SC injection, which is a lower-dose injectable contraceptive that comes pre-filled.
- With Combined Injectable Contraceptives monthly bleeding usually becomes lighter, shorter or less frequent. Spotting and unexpected bleeding can occur when injection is discontinued.



Emergency Contraceptive Pills

- Help prevent pregnancy when taken within 5 days after unprotected sex or a mistake with a family planning method.
- Safe for all women.
- They do not disrupt pregnancy or harm the baby if a woman is already pregnant.
- Regular family planning methods are more effective. Please consider starting another method now.



Intrauterine Device (IUD)

- Small, flexible device that contains either copper or hormone, placed inside the womb.
- Very effective, reversible, long-term copper TCU-380A IUD can be used at least 12 years. Hormonal LNG-IUD can be used for 3 to 5 years.
- Can be inserted right after childbirth, as well as at other times.
- Some pain during insertion. With copper IUD monthly bleeding may be heavier and longer, especially the first 3 months. With LNG-IUD no heavier bleeding and helps prevent anaemia (low blood iron).
- Serious complications are rare. Pelvic infection occasionally occurs if a woman has certain sexually transmitted infections when the IUD is inserted.
- A woman can become pregnant with no delay after the IUD is removed.



LAM (Lactational Amenorrhea Method)

- A family planning method based on exclusive breastfeeding, for up to 6 months after childbirth.
- A breastfeeding woman uses LAM when:
 - Her baby breastfeeds exclusively i.e. gets no food or drink except breast milk, and she breastfeeds often, both day and night, and
 - Monthly bleeding has not returned, and
 - Her baby is less than 6 months old.
- If she can no longer use LAM, a woman should plan for another method.



Condoms

- Help prevent pregnancy and sexually transmitted infections (STIs), including HIV/ AIDS, when used correctly every time.
- For protection from STIs/HIV, some couples use condoms along with other family planning methods (Dual Protection)
- Easy to use with a little practice
- Effective if used correctly.

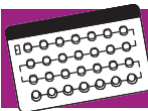
Patch

- Releases hormones into a woman's body through the skin to prevent pregnancy.
- Should be changed on time
- Should be used 6 months after childbirth.



Bilateral Tubal-ligation

- This is a voluntary permanent method for women who are sure that they will not want more children. Think carefully before deciding.
- It is over 99% effective.
- Involves physical exam and safe, simple surgical procedure under anaesthesia. The woman usually stays awake during the procedure.
- Pain and swelling at the incision site can last a few days after procedure. Serious complications are rare.
- No long-term side effects. No effect on sexual ability or feelings.
- Can be done right after childbirth, as well as at other times.



Combined Oral Contraceptives

- Effective and reversible without delay.
- Take one pill every day and start a new pack on time for effectiveness.
- Unexpected bleeding or spotting may occur, especially at first.
- Some women experience mild headaches, weight change, stomach upsets. These often resolve.
- Safe for nearly every woman. Serious complications are very rare.
- Can be used at any age and whether or not a woman has had children.
- Help prevent menstrual cramps, heavy bleeding, anemia (low blood iron), and other conditions.



Combined / Progesterone Vaginal

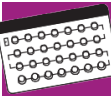
Continuously releases 2 hormones— a progestin and an estrogen, like the natural hormones progesterone and estrogen in a woman's body. The Combined ring is left in

place for three weeks, then removed in the fourth week. A new one is inserted after the fourth week. The Progesterone Only ring is left in place for ninety days , then removed. A new one is inserted immediately Works primarily by preventing ovulation



Vasectomy

- This is a permanent method for men who are sure they do not want more children. Think carefully before deciding to take up this method.
- Use another method for the first 3 months, until the vasectomy starts to work. It is over 99% effective.
- Safe, simple, convenient surgery. Done in a few minutes. Pain is blocked.
- Pain, swelling, or bruising can last a few days.
- No effect on sexual ability or feelings.



Progestin-Only Oral Contraceptives

- Good choice for breastfeeding mothers who want pills.
- Very effective during breastfeeding and reversible without delay.
- Take one pill every day preferably the same time for greatest effectiveness.
- If not breastfeeding, spotting and unexpected light bleeding are common. Not harmful.



Fertility Awareness Methods Including Standard Days Method

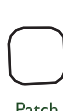
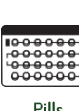
- A woman learns to recognize the fertile time of her monthly cycle.
- During the fertile time, partners avoid sexual intercourse, or they use another method such as condoms.
- Can be effective if used correctly, timely and consistently.
- Requires partner's cooperation.
- No side effects.
- Certain methods may be hard to use during fever or vaginal infection, after childbirth, or while breastfeeding.

Comparing Effectiveness of Family Planning Methods

Most Effective
Less than 1 pregnancy per 100 women in one year



How to make your method more effective: Implants, IUD, Bilateral Tubal Ligation: After procedure, little or nothing to do or remember



Vasectomy: Use another method for first 3 months

Injectables: Get repeat injections on time

Lactational Amenorrhea Method (for 6 months): Breastfeed often, day and night Pills: Take a pill each day Patch, ring: Keep in place, change on time



Male condoms, diaphragm: Use correctly every time you have sex

Fertility awareness methods: Abstain or use condoms on fertile days. Standard Days Method and Two Day. Method may be easier to use.

Less Effective
About 20 pregnancies per 100 women in one year



Male condoms, Female Condoms
Use correctly every time you have sex