Do You Know Your Family Planning Choices?

Your family planning provider can help. Please ask!

**Combined Oral Contraceptives**
- Effective and reversible without delay.
- Take one pill every day and start new packs on time for greatest effectiveness.
- Unplanned bleeding for spotting may occur, especially at first. Not harmful. Menstrual bleeding becomes lighter and more regular after a few months.
- Some women have mild headaches, weight change, upset stomach, especially at first. These often go away.
- 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, amenorrhea (low blood iron), and other conditions.

**Injectable Contraceptives**
- Effective and safe.
- One injection every 3 months (13 weeks) with Depo-Provera,
  every 2 months with NET-EN.
- Come back as much as 4 weeks late for Depo-Provera, or 2 weeks late for NET-EN, and still get most injection.
- May be able to get injections outside the clinic, in the community.
- Spotting and irregular bleeding often occur in the first several months. Then, often monthly bleeding stops. Gradual weight gain, mild headaches. Not harmful.
- Primor. Others cannot tell if a woman is using it.
- Can be used at any age and whether or not a woman has had children.
- When injections stop, a woman can become pregnant again. After 3 months injections it takes a few more months.
- Safe during breastfeeding, beginning 6 weeks after childbirth.
- Monthly injections may be available. With monthly injections such as Cyproterone, monthly bleeding usually becomes lighter and shorter or less frequent. Spotting and unexpected bleeding can occur.

**Contraceptive Implants**
- Good choice for breastfeeding mothers who want pills, beginning 6 weeks after childbirth.
- Very effective during breastfeeding and reversible without delay.
- Take one pill every day for greatest effectiveness.
- If not breastfeeding, spotting and unexpected light bleeding are common. Not harmful.

**Diaphragm With Spermicide**
- Woman places diaphragm in vagina each time she sex. Can do this ahead of time.
- Effective if used correctly every time.
- Woman must have an internal examination to get a diaphragm of correct size.
- Bladder infection is more common.

**Female Sterilization**
- Meant to be permanent. For women who are sure that they will not want more children.
- Think carefully before deciding.
- Very effective (but not 100% effective).
- Requires physical exam and safe, simple surgery. The woman usually stays awake. Pain is blocked.
- Pain and swelling can last a few days after procedure. Serious complications are rare.
- No learned skill to decide. No effect on sexual ability or feelings.
- Can be done right after childbirth, as well as at other times.

**Vasectomy**
- Meant to be permanent. For men who are sure that they will not want more children.
- Think carefully before deciding.
- Use another method for the first 3 months, until the vasectomy starts to work.
- Very effective after 3 months (but not 100% effective).
- Safe, simple, convenient surgery. Done in a few minutes. Pain is blocked.
- Pain, swelling, or bruising can last a few days after procedure.
- May cause a learned skill to decide. No effect on sexual ability or feelings.

**Intrauterine Device (IUD)**
- Small, flexible device with either copper or hormone, placed inside the womb.
- Very effective, reversible, long-term. Copper IUDs can be used at least 12 years.
- Copper IUD 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 at first. With hormonal IUD no heavier bleeding helps prevent anemia.
- Serious complications are rare. Pelvic infection occurs. Occurs in 1 out of 100 women who have IUDs.
- Can come out on its own, especially at first.
- A woman can become pregnant with no delay after the IUD is removed.

**LAM (Lactational Amenorrhea Method)**
- A family planning method based on fully or nearly fully breastfeeding, for up to 6 months after childbirth.
- Very effective for 3 to 7 years, depending on which implant.
- Can be used at any age and whether or not a woman has had children.
- A woman can have a trained provider take out the implants at any time. Then she can become pregnant with no delay.
- Unexpected light bleeding or spotting may occur, or monthly bleeding may stop. Not harmful.
- Safe during breastfeeding, beginning 6 weeks after childbirth.

**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 a regular method.

**Fertility Awareness Methods Including Standard Days Method**
- A woman learns to tell the fertile time of her monthly cycle.
- During the fertile time a couple avoids vaginal sex, or they use another method such as condoms.
- Can be effective if used correctly. Usually only somewhat effective, however.
- Requires partner's cooperation.
- No physical 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**

<table>
<thead>
<tr>
<th>Method</th>
<th>More Effective</th>
<th>Less Effective</th>
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</thead>
<tbody>
<tr>
<td>Implants, IUD, female sterilization</td>
<td>After procedure, little or nothing to do or remember.</td>
<td>Take surgery and insert device.</td>
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<tr>
<td>Vasectomy</td>
<td>Use another method for first 3 months.</td>
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</tbody>
</table>

### Some Methods Are Not Advised If You Have Certain Medical Conditions

<table>
<thead>
<tr>
<th>Condition</th>
<th>Methods Not Advised</th>
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<tbody>
<tr>
<td>Known high blood pressure</td>
<td>Combined oral contraceptives (COC), progestins only (mini-pills).</td>
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<tr>
<td>Folic acid deficiency</td>
<td>COCs, progestin-only pills.</td>
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<tr>
<td>First 3 days after childbirth, no breastfeeding</td>
<td>COCs, progestin-only pills.</td>
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<tr>
<td>Certain serious diseases</td>
<td>COCs, progestin-only pills.</td>
</tr>
<tr>
<td>Migraine headaches</td>
<td>COCs, progestin-only pills.</td>
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<tr>
<td>Glaucoma (hereditary)</td>
<td>COCs, progestin-only pills.</td>
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<tr>
<td>Mitral valve prolapse syndrome</td>
<td>COCs, progestin-only pills.</td>
</tr>
<tr>
<td>Certain conditions of cancer</td>
<td>COCs, progestin-only pills.</td>
</tr>
<tr>
<td>Pregnancy</td>
<td>COCs, progestin-only pills.</td>
</tr>
<tr>
<td>Known pregnancy</td>
<td>COCs, progestin-only pills.</td>
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<tr>
<td>Women with HIV or other AIDS</td>
<td>COCs, progestin-only pills.</td>
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</table>

### How to make your method more effective

- Implants, IUD, female sterilization: After procedure, little or nothing to do or remember.
- Vasectomy: Use another method for first 3 months.
- Intrauterine Device (IUD): Get repeat injections on time.
- Lactational Amenorrhea Method (for 6 months): Breastfeed often, day and night.
- Emergency Contraceptive Pills: Take a pill each day.
- Patch, ring: Keep in place, change on time.

### Condoms, diaphragms: Use correctly every time you have sex.

### Fertility awareness methods: Abstain or use condoms on fertile days. Standard Days Method and "twoDay Method" may be assist to use.

### Withdrawal, spermicides: Use correctly every time you have sex.