**Do You Know Your Family Planning Choices?**

Your family planning provider can help. Please ask!

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## Contraceptive Implants

- One or two small rods placed under the skin of a woman’s upper arm.
- Little to do once implants are in place.
- Very effective for 3 to 5 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. She can become pregnant with no delay.
- Unexpected light bleeding or spotting may occur, or monthly bleeding may stop. Not harmful.
- Safe during breastfeeding.

## Injectable Contraceptives

- Three types: DMPA—injection every 3 months (13 weeks); NET EN—injection every 2 months; Cyclo-Fem and others—injection every month.
- Can still get new injection even if 4 weeks late for DMPA, 2 weeks late for NET EN, or 1 week late for monthly injectables.
- Effective and safe.
- Private: Others cannot tell you are using it.
- Can be used at any age and whether or not you have had children.
- DMPA and NET EN are safe during breastfeeding, starting 6 weeks after childbirth. Menstrual cycles not advised.
- May be able to get injections in the community. Can give yourself the DMPA-SC injection, which is a lower-dose injectable contraceptive that comes pre-filled.
- With monthly injectables, monthly bleeding usually becomes lighter, shorter or less frequent. Spotting and unexpected bleeding can occur.
- When injections stop, a woman can get pregnant again. After DMPA, it may take a few more months.

## 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 woman who is already pregnant.
- Regular family planning methods are more effective. Please consider starting another method now.

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## Intrauterine Device (IUD)

- Small, flexible device made with 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 6 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 at first. With LNG-IUD no heavier bleeding and help prevent anemia (low blood iron).
- Serious complications are rare. Pelvic infection occasionally occurs if a woman has certain sexually transmitted infections when the IUD is placed.
- 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.
- A breastfeeding woman uses LAM when:
  - Her baby gets little or no food or drink except breast milk, and she breastfeeds often, both day and night, and
  - Monthly bleeding has not returned, and
  - Baby is less than 6 months old.
- Before she can no longer use LAM, a woman should plan for another method.

## Condoms

- Help prevent pregnancy and some 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.
- Easy to use with a little practice.
- Effective if used correctly every time. Often not used every time, however.
- Some people object that condoms interrupt sex, reduce sensation, or embarrass them. Talking with partner can help.

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## 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).
- Involves 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 long-term side effects. 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.
- Uses 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. A few men have lasting pain.
- No effect on sexual ability or feelings.

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## Combined Oral Contraceptives

- Effective and reversible without delay.
- Take one pill every day and start new packs on time for greatest effectiveness.
- Unexpected bleeding or spotting may occur, especially at first. Not harmful.
- Monthly 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. The amenorrhea (low blood iron), and other conditions.

## Diaphragm With Spermicide

- Woman places diaphragm deep in vagina each time before sex. Can do this of her time.
- Effective if used correctly every time.
- Usually, woman must have an internal examination to get diaphragm of correct size.
- Bladder infection is more common.

## 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 for greatest effectiveness.
- Not breastfeeding, spotting and unexpected light bleeding are common. Not harmful.

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## Comparing Effectiveness of Family Planning Methods

### More effective

<table>
<thead>
<tr>
<th>Contraceptive Method</th>
<th>Smoke Status</th>
<th>Users</th>
<th>Effectiveness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Implants</td>
<td>Combination pill users (including COCs and progestin-only pills)</td>
<td>100</td>
<td>99%</td>
</tr>
<tr>
<td>IUD</td>
<td>COCs, monthly injectables.</td>
<td>100</td>
<td>99%</td>
</tr>
<tr>
<td>Female Sterilization</td>
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<td>99%</td>
</tr>
</tbody>
</table>

### Less effective

<table>
<thead>
<tr>
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<th>Smoke Status</th>
<th>Users</th>
<th>Effectiveness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intrauterine Device (IUD)</td>
<td>COCs, monthly injectables.</td>
<td>100</td>
<td>99%</td>
</tr>
<tr>
<td>Female Sterilization</td>
<td>COCs, monthly injectables.</td>
<td>100</td>
<td>99%</td>
</tr>
</tbody>
</table>

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*Some Methods Are Not Advised If You Have Certain Health Conditions*

<table>
<thead>
<tr>
<th>Condition</th>
<th>Methods Not Advised</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood cancer</td>
<td>COCs, monthly injectables.</td>
</tr>
<tr>
<td>Severe high blood pressure</td>
<td>COCs, monthly injectables.</td>
</tr>
<tr>
<td>Severe liver disease</td>
<td>COCs, monthly injectables.</td>
</tr>
<tr>
<td>Severe high blood pressure, stroke, or heart disease</td>
<td>COCs, monthly injectables.</td>
</tr>
<tr>
<td>Severe high blood pressure, stroke, or heart disease, diabetes</td>
<td>COCs, monthly injectables.</td>
</tr>
</tbody>
</table>

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*Note: Also consult national standards for specific guidelines.*

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*Updated to include World Health Organization guidance through 2022*