Contraceptive Implants

- One or 2 small rods placed under the skin of a woman’s upper arm.
- Little to no pain when 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. 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.

Injectable Contraceptives

- Three types: DMPA—every 3 months (13 weeks); NET EN—every 4 weeks; Cyclo-Fem and others—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.
- Private. Others cannot know you are using it.
- Can be used at any age and whether or not a woman has had children.
- DMPA and NET EN are safe during breastfeeding, starting 6 weeks after childbirth. Monthly doses are not advised.
- May be ok to get injections in the community. Give yourself the DMPA-SC injection.
- With DMPA and NET EN, often spotting and irregular bleeding in the first several months, then often monthly bleeding stops. Gradual weight gain, mild headaches. Not harmful.
- 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 method failure with a family planning method.
- Safe for all women.
- They do not disrupt pregnancy or harm the baby if a woman is already pregnant.
- Rare family planning methods are more effective. Please consider starting another method now.

Intrauterine Device (IUD)

- Small, flexible device made with either copper or hormone, placed inside the womb.
- Very effective, reversible, long-term copper TCOs-JRQA (IUD) can be used at least 12 years. Hormonal LNG-IUD can be used for 3 to 6 years.
- Pain can be relieved right after childbirth, as well as at other times.
- Some pain during insertion. With copper IUDs, this pain can be more severe and longer, especially at first. With LNG-IUD, no heavier bleeding and helps 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 inserted.
- Can come out on its own, especially after childbirth.
- 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 breastfeeding often, both day and night, and
  - Monthly bleeding has not returned; and
  - Her 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 and 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.
- Some people object that condoms interrupt sexual ability or feelings.

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, anemia (low blood iron), and other conditions.

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.
- 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, bruising can last a few days. A few men have lasting pain.
- No effect on sexual ability or feelings.

Diaphragm With Spermicide

- Woman places diaphragm deep in vagina each time before sex. Can do this of 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.

Fertility Awareness Methods

- 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 due to fatigue, stress or vaginal infection, after childbirth, or while breastfeeding.

Some Methods Are Not Advised If You Have Certain Health Conditions

- If you have any of these conditions, you should not use these methods.
- Withdrawal
  - Combines oral contraceptive pills (COCs).
  - COCs, monthly injections.
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Choosing a Method

- Improves your chances of success.
- Improves your sexual satisfaction.
- Improves your overall health.
- Improves your life.

Choosing the Right Method

- If you are unsure which method is best for you, talk to your provider.
- They can help you make the best choice.
- They will discuss the benefits and risks of each method.
- They will help you decide which method is best for you.
- They will help you get started and follow up with you.

Choosing a Method

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