Do You Know Your Family Planning Choices?
Your family planning provider can help. Please ask.

### Contraceptive Implants
- **One or 2 small rods or capsules 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. 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
- **Effective and safe.**
- **One injection every 3 months (13 weeks) with DMPA, every 2 months with NETEN. Come back as much as 4 weeks late for DMPA, or 2 weeks NETEN and still get the next 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.**
- **Private. Others cannot tell that 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-month injections it may take a few more months.**
- **Safe during breastfeeding, beginning 6 weeks after childbirth.**
- **Monthly injections may be available. With monthly injections such as Cyclo-Fem, monthly bleeding usually becomes lighter and shorter or less frequent. Spotting and unexpected bleeding can occur.**

### 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 with either copper or hormone, placed inside the womb.**
- **Very effective, reversible, long-term. Copper TC-380A IUD can be used at least 12 years. Hormonal LNG-IUD can be used for 3 or 5 years.**
- **Can be inserted right after childbirth, as well as 4 to 7 days after childbirth.**
- **Some pain during insertion. With copper IUD monthly bleeding may be heavier and longer, especially with sex. With LNG-IUD no heavier bleeding and helps prevent amenorrhea (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 at first.**
- **A woman can become pregnant with no delay after the IUD is removed.**

### 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 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, or bruising can last a few days. A few men have lasting pain.**
- **No effect on 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 occasionally 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, amenorrhea (low blood iron), and other conditions.**

### Progestin-Only Oral Contraceptives
- **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 frequent or vaginal infection, after childbirth, or while breastfeeding.**

### 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 during frequent or vaginal infection, after childbirth, or while breastfeeding.**

### Diaphragm With Spermicide
- **Woman places diaphragm deep in vagina each time before sex. Can do this ahead 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.**

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

#### Condition
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#### Methods Not Advised

<table>
<thead>
<tr>
<th>Condition</th>
<th>Methods Not Advised</th>
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<tbody>
<tr>
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<td>Combined oral contraceptives (COCs). If you smoke heavily, only use COCs.</td>
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<tr>
<td>Certain uncommon serious diseases of the heart, blood vessels, or liver; or breast cancer</td>
<td>COCs, monthly injectables. If severe high blood pressure, also use 2- and 3-month injectables.</td>
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<td>Migraine headaches (a type of severe headache)</td>
<td>COCs, monthly injectables.</td>
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<td>Migraine aura (sometimes sees a growing bright spot in one eye)</td>
<td>COCs, monthly injectables.</td>
</tr>
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<td>Breastfeeding in first 6 months</td>
<td>COCs, monthly injectables.</td>
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<tr>
<td>First 21 days after childbirth, not breastfeeding</td>
<td>COCs, monthly injectables.</td>
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<td>Certain uncommon serious diseases of the heart, blood vessels, or liver; or breast cancer</td>
<td>COCs, injectables, progesterone-only pills, implants. Ask your provider.</td>
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<td>Gland bladder infection</td>
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