

Take hold of your future



The Filipino Family's Guide to Modern FP


Usap Tayo sa FP



MODERN FP

(Family Planning)

is the use of a safe and effective contraceptive method which lets you delay or space pregnancy. This means you can have a baby when you want to, or to stop having children when your family is complete.



Information from: World Health Organization Department of Reproductive Health and Research (WHO/RR) and Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs (CCP), Knowledge for Health Project. Family Planning: A Global Handbook for Providers (2018 update). Baltimore and Geneva: CCP and WHO, 2018. and Philippine Statistics Authority (PSA) and ICF. 2018. Philippines National Demographic and Health Survey 2017. Quezon City, Philippines, and Rockville, Maryland, USA: PSA and ICF.



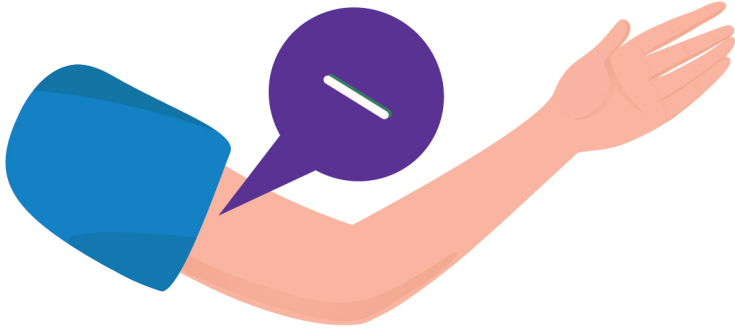
**You lead a busy life—
family, work, relationships.**

**You have goals and dreams
for you and your family. You
want to take care of them,
spend time with them, and
make things easier for
yourself and for them.**

You can achieve these goals by making FP a part of your lifestyle. You may have heard of FP but aren't sure what it is or how it works. So we've created this guide—kasi may FP para sa'yo.

Talk to your partner about FP using this guide. Usap Tayo sa FP. It can help you choose what type of FP is best for you and your family, and make your chat with a health provider easier.

TRENDING
AMONG PINAYS



IMPLANT



Highly effective for preventing pregnancy (99.9%)



Free at government clinics or covered by PhilHealth



Low maintenance and long-lasting



Suits a busy lifestyle



Doesn't interfere with sex

You get a **small flexible rod, about the size of a matchstick, placed under the skin of your arm.** The implant will prevent pregnancy for 3 - 5 years, depending on the brand. It is safe for breastfeeding women.

It can be removed anytime if you want to get pregnant. Ask your doctor, nurse or midwife.

COMMON EXPERIENCES

Most Pinays use this without a problem. But some may experience the following:

- Few days of soreness in the arm where inserted (Don't worry, it only hurts a little!)
- Changes in menstrual cycle (more frequent, longer, shorter or no period)
- Weight change
- Breast tenderness
- Dizziness
- Headaches

These are normal and usually don't last long.

MOST USED BY PINAYS



PILLS



Very effective for preventing pregnancy (93%)



Free at government clinics or purchased in pharmacies



Follows a schedule (must be taken every day at the same time)



Doesn't interfere with sex

You take a tiny pill with a small amount of hormones every day. It comes in a monthly pack, and you take 1 pill every day, whether or not you have sex that day. The pill is safe, affordable, and effective if you always take it on time. The progestin-only pills (POP) are taken if you're breastfeeding, while the combined oral contraceptive (COC) pills are for those who are not breastfeeding.

You can stop taking it if you want to get pregnant.

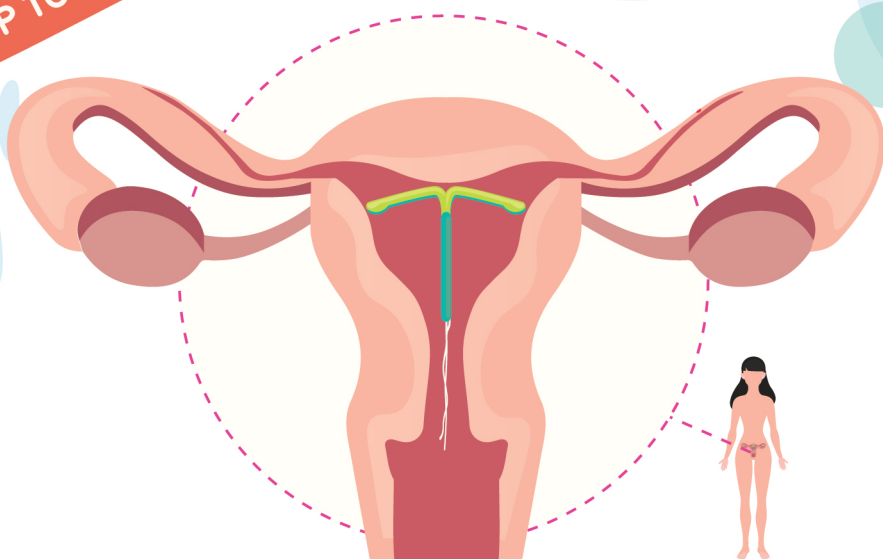
COMMON EXPERIENCES

Most Pinays use this without a problem. But some may experience the following:

- Changes in menstrual cycle (more frequent, longer, shorter or no period)
- Weight change
- Breast tenderness
- Dizziness and nausea
- Headaches

These are normal and usually don't last long.

PROTECTED
UP TO 10 YEARS



IUD

(Intrauterine Device)



Highly effective for preventing pregnancy (99%)



With non-hormonal and hormonal options



Low maintenance and long-lasting



Doesn't interfere with sex



Free at government clinics or covered by PhilHealth



Suits a busy lifestyle

You get a small piece of flexible plastic shaped like a T with a short piece of string at the end inserted in your uterus. There are two types of IUD which are both long-term:

1. IUD with copper (10-12 years)
2. IUD with the levonorgestrel hormone (5 years)

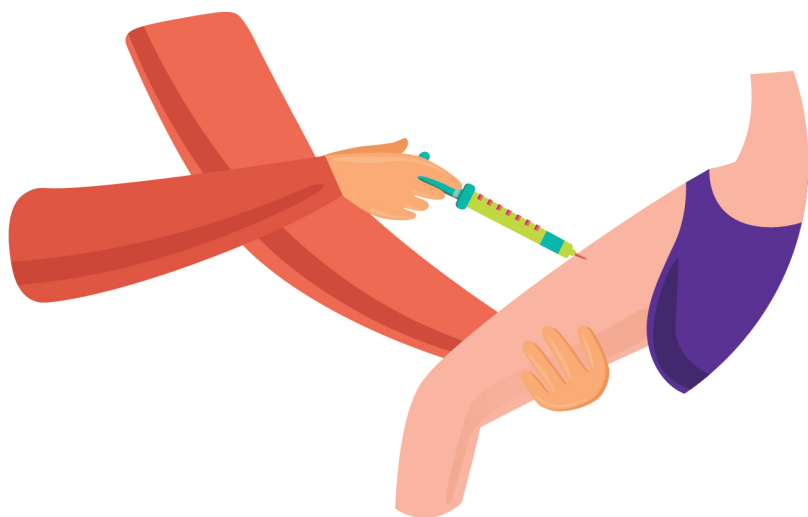
It can be removed earlier if you want to get pregnant. Ask your doctor, nurse or midwife.

COMMON EXPERIENCES

Most Pinays use this without a problem. But some may experience the following:

- Discomfort and cramping when the IUD is placed and during your period
- Changes in menstrual cycle (more frequent, longer or shorter)

These are normal and will go away in a few weeks or months.



INJECTABLE



Very effective for preventing pregnancy (96%)



Free at government clinics



Follows a schedule (each shot must be on time)



Doesn't interfere with sex

You get **an injection every 2 or 3 months**, depending on the brand. It works really well if you always get it on time. There is also a type of injectable that is safe for breastfeeding women.

You can stop using it if you want to get pregnant.

COMMON EXPERIENCES

Most Pinays use this without a problem. But some may experience the following:

- Changes in menstrual cycle (more frequent, longer, shorter or no period)
- Weight change
- Dizziness
- Headaches

These are normal and should go away after a few months.



LAM

(Lactational Amenorrhea Method)



Very effective for a limited time (98%)



Only works for a short time



Doesn't interfere with sex

***FOR MOMS WHO WANT TO EXCLUSIVELY BREASTFEED**

LAM is a type of FP that is effective if these 3 conditions are strictly met:

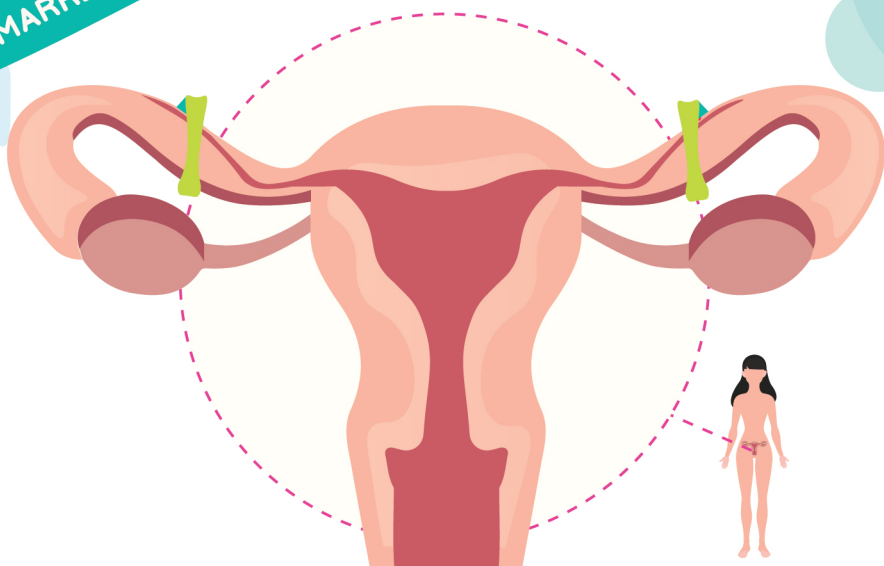
1. You are **exclusively breastfeeding**—you breastfeed your baby at least every 4 hours during the day and every 6 hours at night, and feed your baby only breast milk (no water or any other drink).
2. You don't have your period.
3. Your baby is less than 6 months old.

It is important to think ahead and shift to another type of FP before you get your period, or before your baby reaches 6 months, or before you stop exclusively breastfeeding. Consult your health provider when your baby is 4 months old or even earlier, and choose an FP type to switch to.

COMMON EXPERIENCES

Some Pinays find it difficult to breastfeed on demand for six months. You need to remember that before your period comes back or before your baby turns 6 months old, shift to a different type of FP to prevent pregnancy.

POPULAR AMONG
MARRIED PINAYS



LIGATION (BTL)



Highly effective for
preventing pregnancy
(99.5%)



Free at government
hospitals or covered
by PhilHealth



Long-lasting



Doesn't interfere
with sex



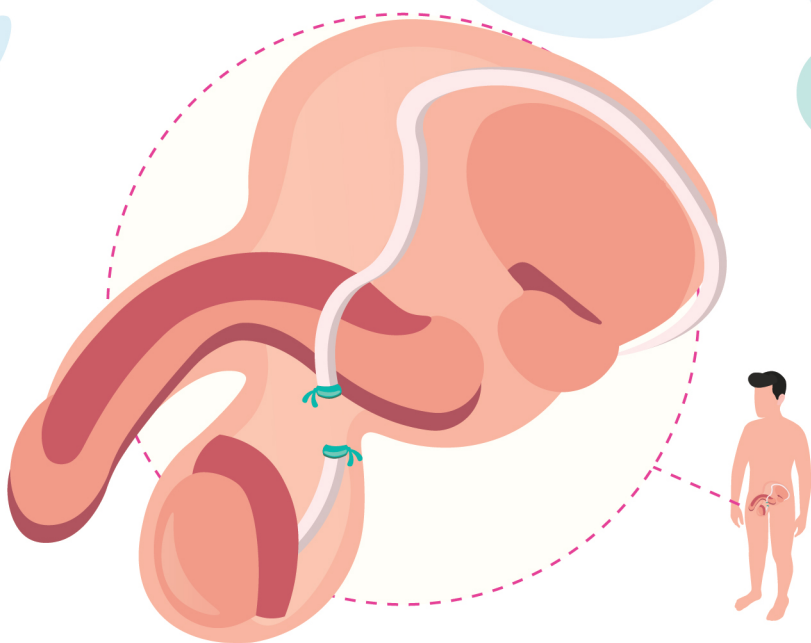
PERMANENT

Bilateral Tubal Ligation (BTL) is a **safe and permanent FP if you do not want any more children**. It is a procedure done by a doctor to **cut and tie the tubes that your egg cell travels through**, making sure that the egg cannot meet a man's sperm.

It does not affect your ability to have sex or how sex feels. You will still get your period.

COMMON EXPERIENCES

You may feel a bit of pain and discomfort during (anesthesia will be used) and after the procedure. This is normal and will not last long. In a day or two, you can carry on with your usual activities.



VASECTOMY (NSV)



Highly effective for preventing pregnancy (99.85%)



Free at government clinics or covered by PhilHealth



Long-lasting



Doesn't interfere with sex



PERMANENT

No-Scalpel Vasectomy (NSV) is a **safe and permanent FP for men who don't want any more children**. It is a procedure done by a doctor to **cut and seal only the tubes that carry sperm out of the body (not the testicles)**. This stops the sperm from mixing with semen and leaving the body.

It does not affect your ability to have sex. It does not change how sex feels or the way semen looks.

COMMON EXPERIENCES

You may have pain, bleeding, bruising, or swelling after the procedure. This is normal and will not last long. In a day or two, you can carry on with your usual activities.

PROTECTS AGAINST
HIV AND STI



CONDOMS



Effective but must be used correctly every time you have sex (87%)



No hormones



The only FP that also protects against HIV and sexually-transmitted infections (STI)



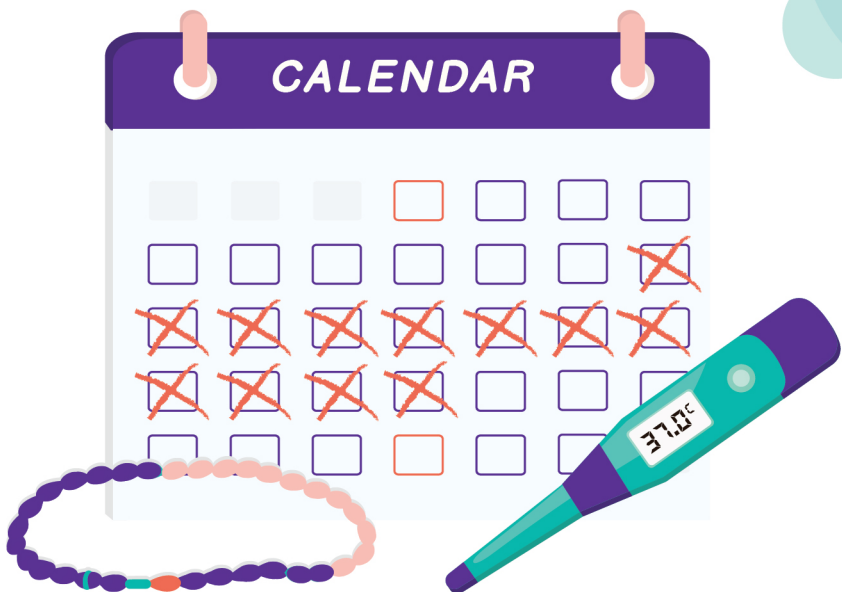
Free at government clinics or purchased in pharmacies

Your partner puts this **thin rubber cover over his erect penis before sex to keep semen out of your vagina**. It protects against pregnancy and diseases that can be acquired through sex (such as sexually-transmitted infections or STI and HIV). You can use it with other FP to prevent STI and HIV. **You must use it correctly every time you have sex.**

You can stop using it if you want to get pregnant.

COMMON EXPERIENCES

Some couples find it hard to use a condom every time they have sex. You have to have a supply on hand.



FERTILITY AWARENESS METHODS



Effective but must be used correctly (85%-88% depending on the type of method)



You must avoid sex or use another type of FP on the days you are fertile

You use these to track days when you are **fertile** (ovulating) so you can avoid sex and not get pregnant.

Examples of Fertility Awareness Methods are: **Calendar-based Methods** and **Symptoms-based Methods**.

These methods are effective if you are able to monitor and chart your fertility daily and **if you have a regular cycle**. You and your partner must avoid sex or use another type of FP during fertile days.

COMMON EXPERIENCES

Some Pinays find it hard to monitor and chart their fertility daily. You can use a tracker on your phone or a calendar to remind you.

Thinking of spacing?

Here's what we recommend for you:

FP TYPE	GOOD FOR
Implant	3-5 years
Pills	1 month then start a new pack
IUD	5 years (IUD with the levonorgestrel hormone) up to 12 years (IUD with copper)
Injectable	2 or 3 months then go get another one
Condoms	Every time you have sex
Fertility Awareness Methods	As long as you abstain from sex or use another type of FP on fertile days

Think your family is complete?

Here's what we recommend for you:

FP TYPE	GOOD FOR
Ligation	Permanent
Vasectomy	Permanent

Giving birth soon? Have a new baby?

It's never too soon to think about FP. Good methods for you include Implant, IUD, LAM, and special pills for breastfeeding women. If your family is complete, consider a permanent method like Ligation or Vasectomy. Talk with your doctor or midwife before you give birth or soon after to choose the best method for you.

MAY FP PARA SA 'YO!



Now that you know
your options, go to an
FP provider near you!

Name: _____

My Contact Number: _____

My Provider's Name is: _____

Their address is: _____

Their phone number is: _____

Also check out:



Usap Tayo sa Family Planning



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POPCOM
Empowering Filipino Families



USAID
FROM THE AMERICAN PEOPLE

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