

# CHILDBIRTH SPACING/ FAMILY PLANNING METHODS



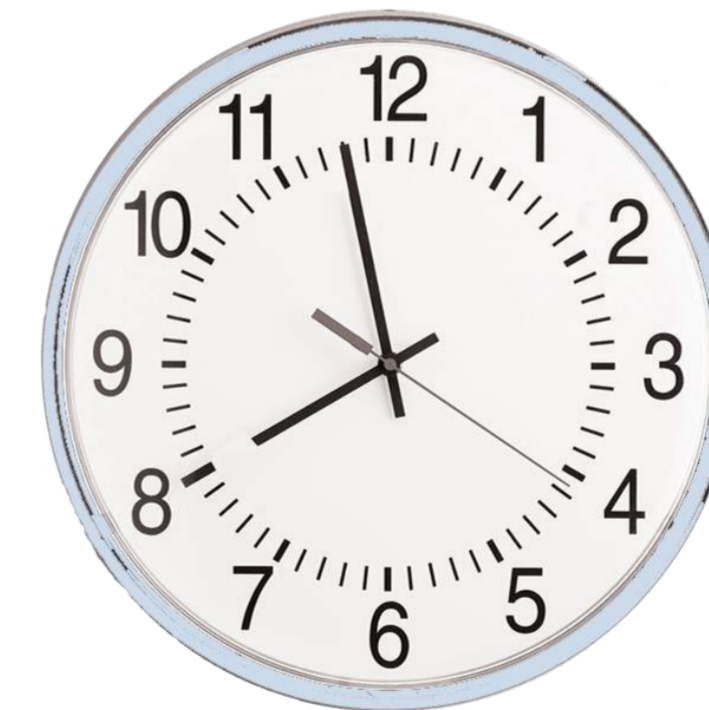
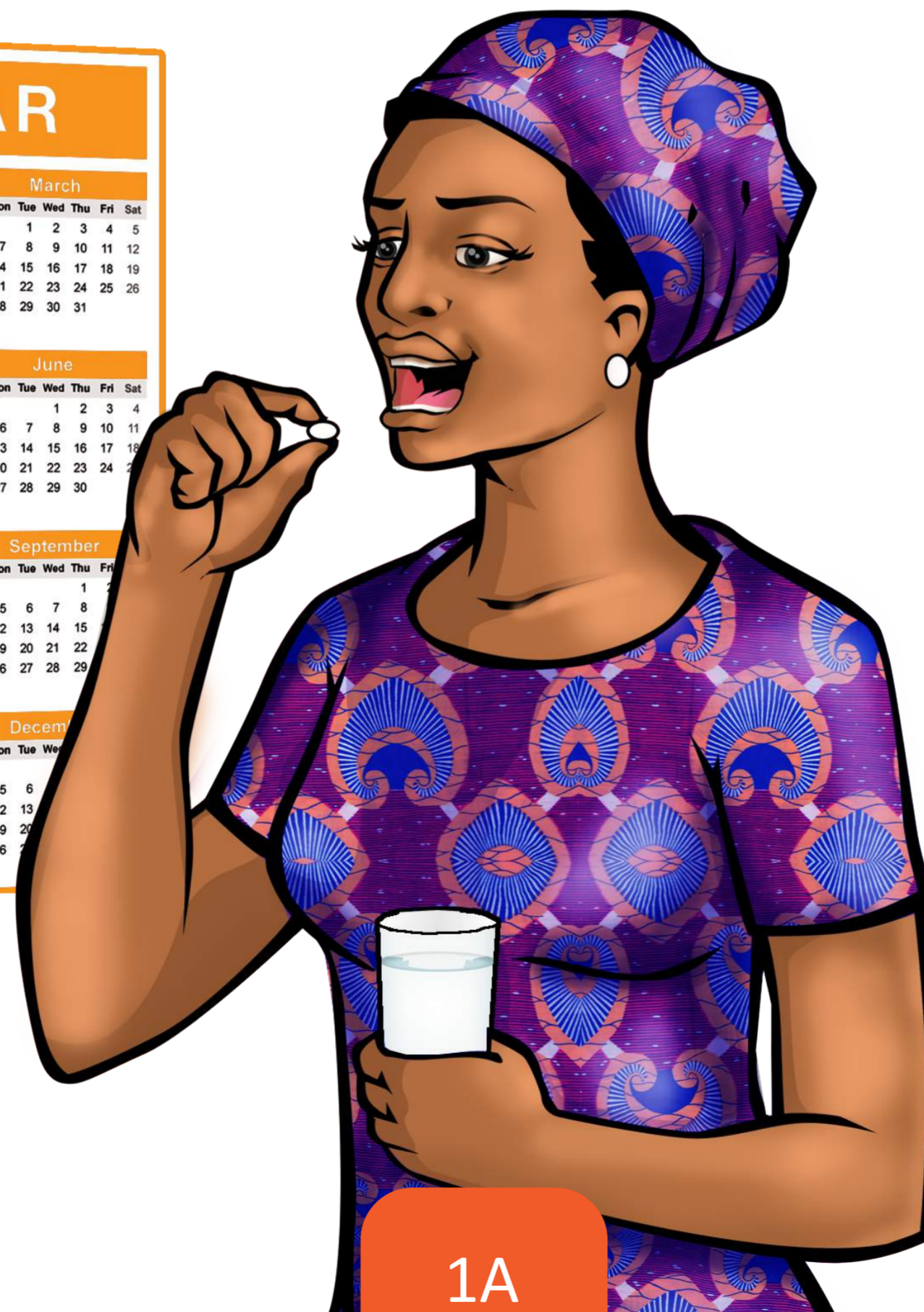
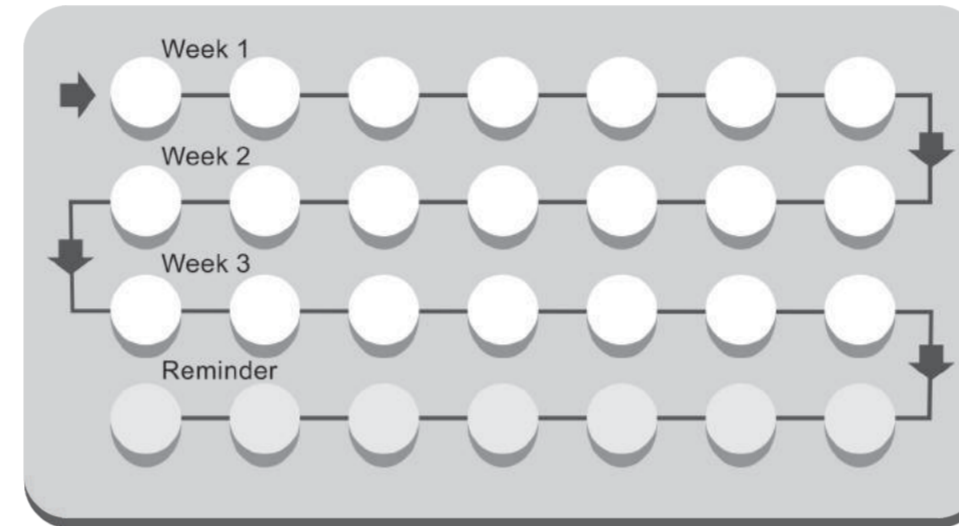
Modern Family Planning Methods: *Safe and Trusted*



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# DAILY PILLS AND EMERGENCY CONTRACEPTIVE PILLS



# DAILY PILLS AND EMERGENCY CONTRACEPTIVE PILLS

## PILLS

### DESCRIPTION

- It is a small tablet taken once a day at the same time everyday
- The pill must be taken every day, whether or not a woman has sex that day
- It contains low dose hormone(s)
- There are two types of pills:
  - One that contains only one hormone and can be used by all women including breastfeeding mothers
  - One that contains two hormones and can be used by all women except breastfeeding mothers

### HOW IT WORKS

- It prevents eggs from being released so that the woman cannot become pregnant
- It prevents monthly ovulation
- It thickens cervical mucus
- It makes the implantation of the egg less likely
- It reduces sperms movement in the fallopian tube

### ADVANTAGES

- It can be taken by most women from menarche to menopause
- After stopping its use, a woman can become pregnant after a brief period
- It does not interfere with sex
- It protects against certain types of diseases
- It can help reduce monthly bleeding problems such as irregular bleeding
- For women who are breastfeeding, the pills with only one hormone can delay the return of your monthly bleeding

### DISADVANTAGES

- It must be taken everyday therefore may be easy to forget
- It does not protect against STIs, including HIV
- It can cause some side effects such as changes in monthly bleeding patterns, headaches and breast tenderness

- For non-breastfeeding women, the pills with only one hormone can cause frequent or irregular bleeding
- For the pills with two hormones, it is common to experience irregular bleeding. Then lighter, shorter, and more regular monthly bleeding
- These side effects are normal and disappear after a few months of use
- Take each pill at the same time each day to help reduce irregular bleeding
- Skipping pills can make some side effects worse. Vomiting or diarrhea can also sometimes cause irregular bleeding

### EMERGENCY CONTRACEPTIVE PILL

- A tablet which can prevent pregnancy when taken up to 72 hours after having unprotected sex, her regular contraceptive fails or she has been forced to have sex (i.e. raped)
- It should be taken as soon as possible after unprotected sex. The sooner they are taken after sex, the better they prevent pregnancy
- It is for emergencies and not appropriate for regular use. They should not be taken more than twice a month. There is increased risk of the emergency contraceptive pill's failure if repeatedly used as a childbirth spacing method
- The emergency contraceptive pill is not the same as abortion pills. It will not end pregnancy once it has started

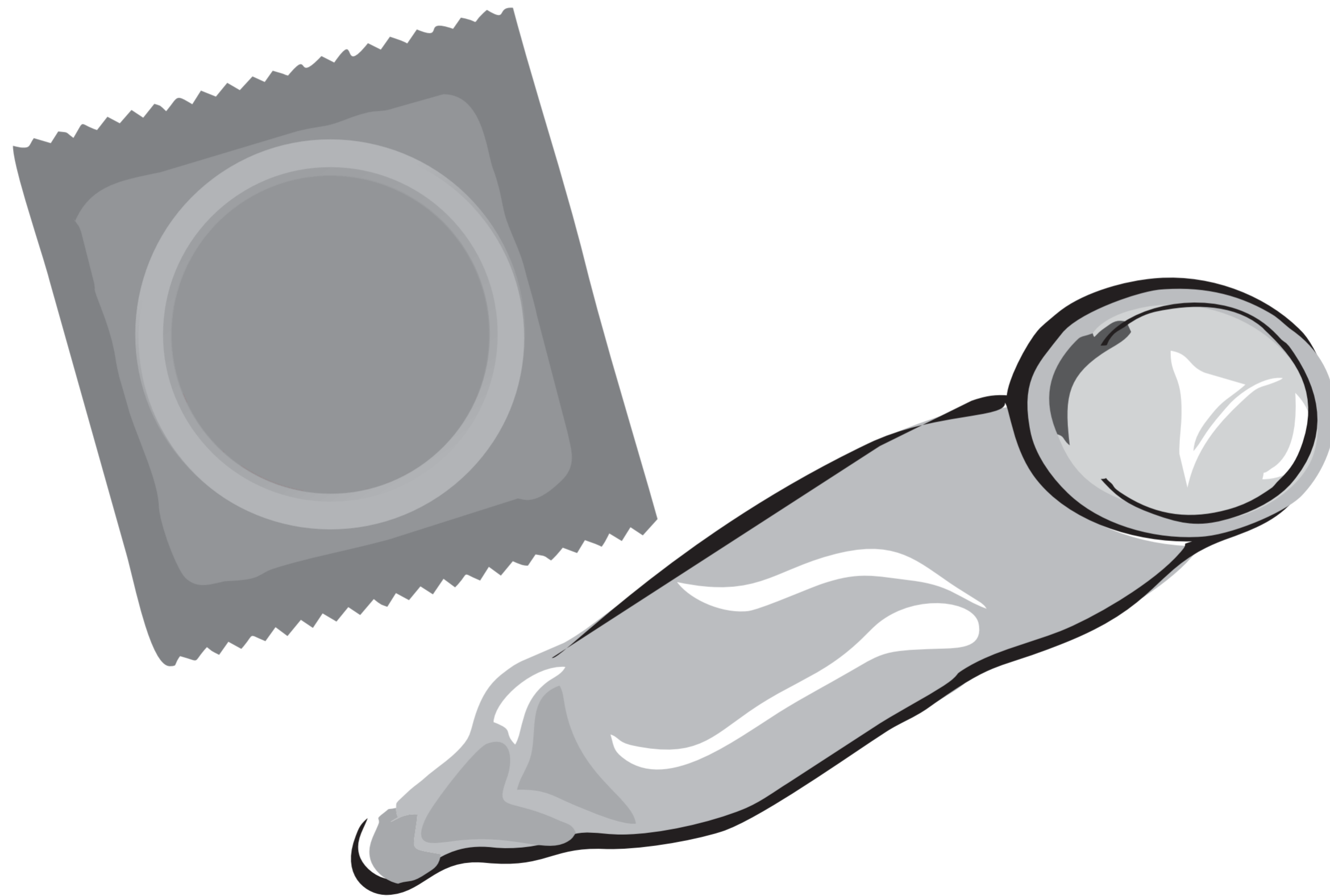
### ADVANTAGES

- A woman can use it right away or up to three days after sex
- The pills have no long term or serious side effects and it is safe for almost every woman
- It can be obtained at clinics, chemists and pharmacy shops

### DISADVANTAGES

- It can cause some side effects such as changes in monthly bleeding patterns, nausea, abdominal pain and headache
- It can cause some women to experience irregular bleeding for 1-2 days after use and the timing of their next bleeding may be a little off.

# MALE CONDOM



# MALE CONDOM

## DESCRIPTION

- It is a thin rubber sheath that fits over the erect penis
- It holds the sperm and prevents it from entering the womb
- To be most effective, this method must be used correctly and consistently during sex

## HOW IT WORKS

- It is rolled onto the erect penis before it touches the vagina
- A small space should be left between the condom and the tip of the penis for collection of seminal fluid (that contains the sperm)
- The condom should be removed after sex before the penis loses its erection
- It should be properly disposed (put in a latrine, or buried)
- A vaginal foaming tablet can be used at the same time to increase protection

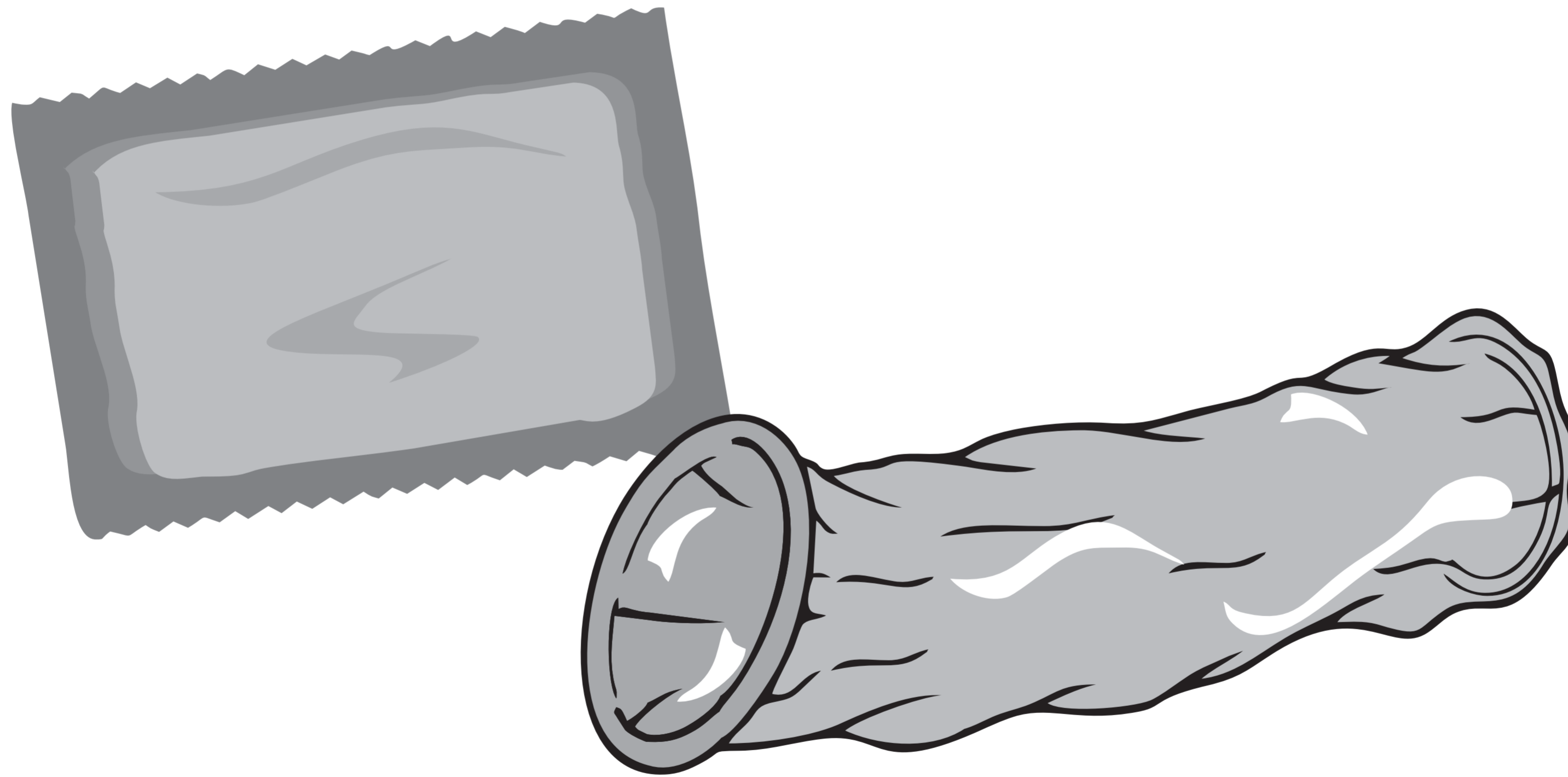
## ADVANTAGES

- It can prevent both pregnancy and sexually transmitted infections (e.g. Gonorrhoea, Syphilis, HIV)
- It is convenient and affordable
- It does not affect a woman's monthly bleeding
- It can be purchased from clinics, chemists and pharmacy shops

## DISADVANTAGES

- Some couples find that the condom decreases sexual sensitivity and pleasure
- It can break or slip off
- Some people may feel embarrassed to buy and/or initiate condom use
- It interrupts sexual activity – the couple must pause to use a condom during sex
- Need to use one condom for each sexual act

# FEMALE CONDOM



# FEMALE CONDOM

## DESCRIPTION

- It is a pre-lubricated, strong rubber sheath that is placed inside the vagina
- It has a flexible ring at each end
- The inner ring is used for insertion and helps to hold the condom in place
- The outer ring remains outside the vagina when the condom is inserted and covers the opening to the vagina
- It holds the sperm and prevents it from entering the womb
- To be most effective, this method must be used correctly and consistently during sex

## HOW IT WORKS

- It gently lines the vagina to create a barrier against pregnancy and germs that cause sexually transmitted infections, (e.g. Gonorrhoea, Syphilis and HIV)

## ADVANTAGES

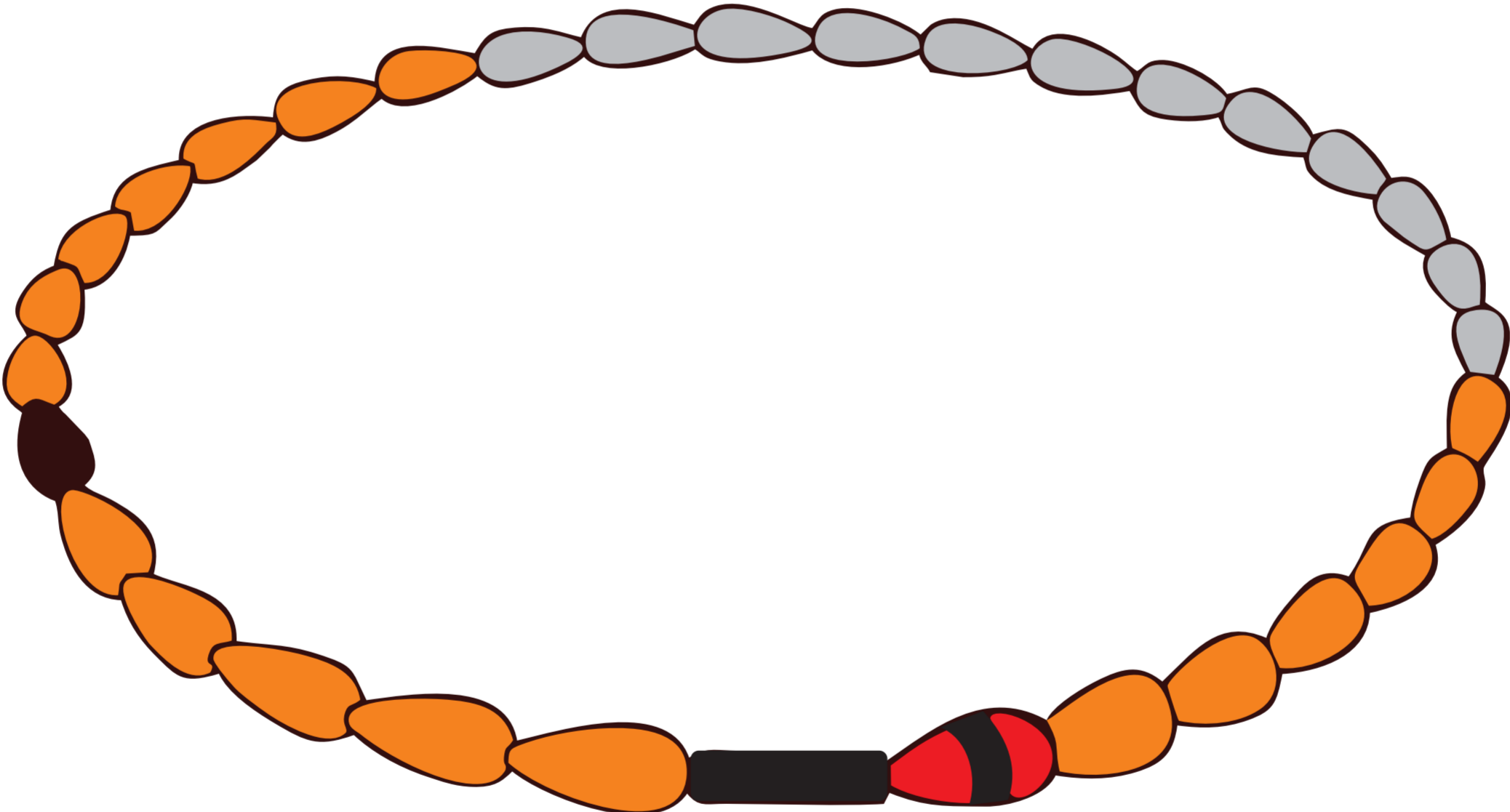
- All women can use it (young, old and menopausal, women who have had their wombs removed and women who are breastfeeding)
- It can be worn earlier (few hours) before the sexual act to minimize interference during sex
- It generates heat and therefore increases sexual stimulation
- It prevents both pregnancy and sexually transmitted infections, (e.g. Gonorrhoea, Syphilis and HIV)
- It does not affect a woman's monthly bleeding
- It can be purchased at clinics, chemists and pharmacy shops

## DISADVANTAGES

- It could interrupt sexual activity
- Some people may feel embarrassed to buy and/or initiate condom use
- Need to use one condom for each sexual act



# STANDARD DAYS METHOD



# STANDARD DAYS METHOD

## DESCRIPTION

- Women track the days of the month that they can become pregnant by using cycle beads or a calendar
- It can be used to identify which days a woman can become pregnant – for both women who want to avoid pregnancy and women who want to become pregnant
- A woman can use it if most of her menstrual cycles are 26 to 32 days long
- If a woman has recently given birth or is breastfeeding, this method should not be used until she has had at least 3 menstrual cycles and her cycles are regular again. For several months after regular cycles have returned, use with caution
- If a woman has recently had a miscarriage, this method should not be used until the start of her next monthly bleeding
- If a woman's monthly bleeding has just started or has become less frequent or stopped due to older age, cycle irregularities are common. Identifying the days when a woman can become pregnant may be difficult

## HOW IT WORKS

- It prevents pregnancy by avoiding unprotected sex during the days a woman is most able to become pregnant
- A woman keeps track of the days of her menstrual cycle, counting the first day of monthly bleeding as day 1
- Days 8 through 19 of every cycle are considered days that a woman can become pregnant
- The couple avoids vaginal sex or uses condoms during days 8 through 19
- The couple can have unprotected sex on all the other days of the cycle—days 1 through 7 at the beginning of the cycle and from day 20 until the woman's next monthly bleeding begins
- If using CycleBeads:
  - Each bead represents a day of the menstrual cycle
  - On day 1—the first day of monthly bleeding—move the rubber ring to the red bead
  - The next day, move the ring to the next bead. Do this every day, even bleeding days
  - White bead days are days when the woman can become pregnant. She should avoid unprotected sex
  - Brown bead days are days when pregnancy is unlikely and she can have unprotected sex
  - If monthly bleeding begins again before reaching the brown bead, her menstrual cycle is shorter than 26 days
  - If monthly bleeding does not begin before reaching the last brown bead, her menstrual cycle is longer than 32 days
  - If a woman has more than 2 longer or shorter cycles within a year, the Standard Days Method will be less effective and she may want to choose another method

## ADVANTAGES

- No side effects
- It does not affect a woman's monthly bleeding
- Helps women learn about their bodies and the times they are likely and not likely to get pregnant

## DISADVANTAGES

- Requires discipline and self-control by the couple

## LACTATIONAL AMENORRHEA METHOD (LAM)



# LACTATIONAL AMENORRHEA METHOD (LAM)

## DESCRIPTION

- It is the use of breastfeeding as a temporary family planning method. It provides natural protection against pregnancy and encourages couples to start making alternate arrangements for another family planning method at the proper time

## HOW IT WORKS

- A baby's suckling suppresses the production of the hormones that are necessary for ovulation and without ovulation pregnancy cannot happen
- A woman is naturally protected against pregnancy when:
  - She exclusively breast feeds her baby, including feeding at night and on demand - "Exclusively" means nothing else but breastmilk (no water)
  - Her menstrual period has not returned after delivery
  - Her baby is less than 6 months old

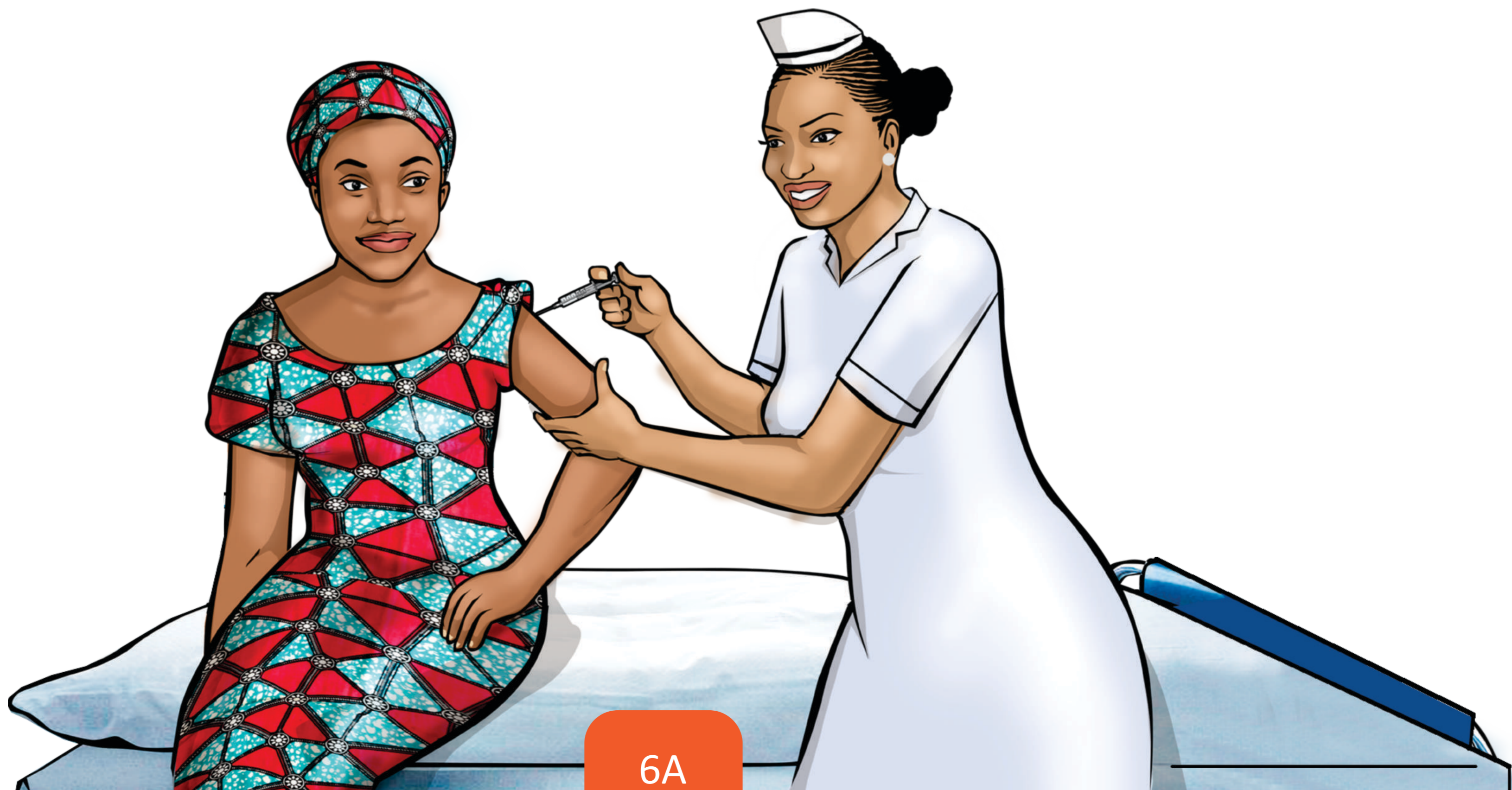
## ADVANTAGES

- It ensures the baby gets needed nutrients and protection from diseases
- It is highly effective and easy to use
- No supplies are needed
- It does not interfere with sex
- It has no side effects
- It has health benefits for both mother and infant
- It encourages bonding between mother and baby

## DISADVANTAGES

- It is not an option for women who do not breastfeed
- Breastfeeding pattern may be difficult to maintain
- Duration of the method is limited
- There is no protection against STIs, including HIV

# INJECTABLES



# INJECTABLES

## DESCRIPTION

- It is an injection given in the arm or buttocks
- There are three kinds of injectables:
  - One that lasts for one (1) month
  - One that lasts for two (2) months
  - One that lasts for three (3) months

## HOW IT WORKS

- It prevents eggs from being released so that the woman cannot become pregnant
- It prevents monthly ovulation
- It thickens cervical mucus
- It makes the implantation of the egg less likely
- It reduces sperms movement in the Fallopian tubes
- When a woman wants to get pregnant, she stops taking it

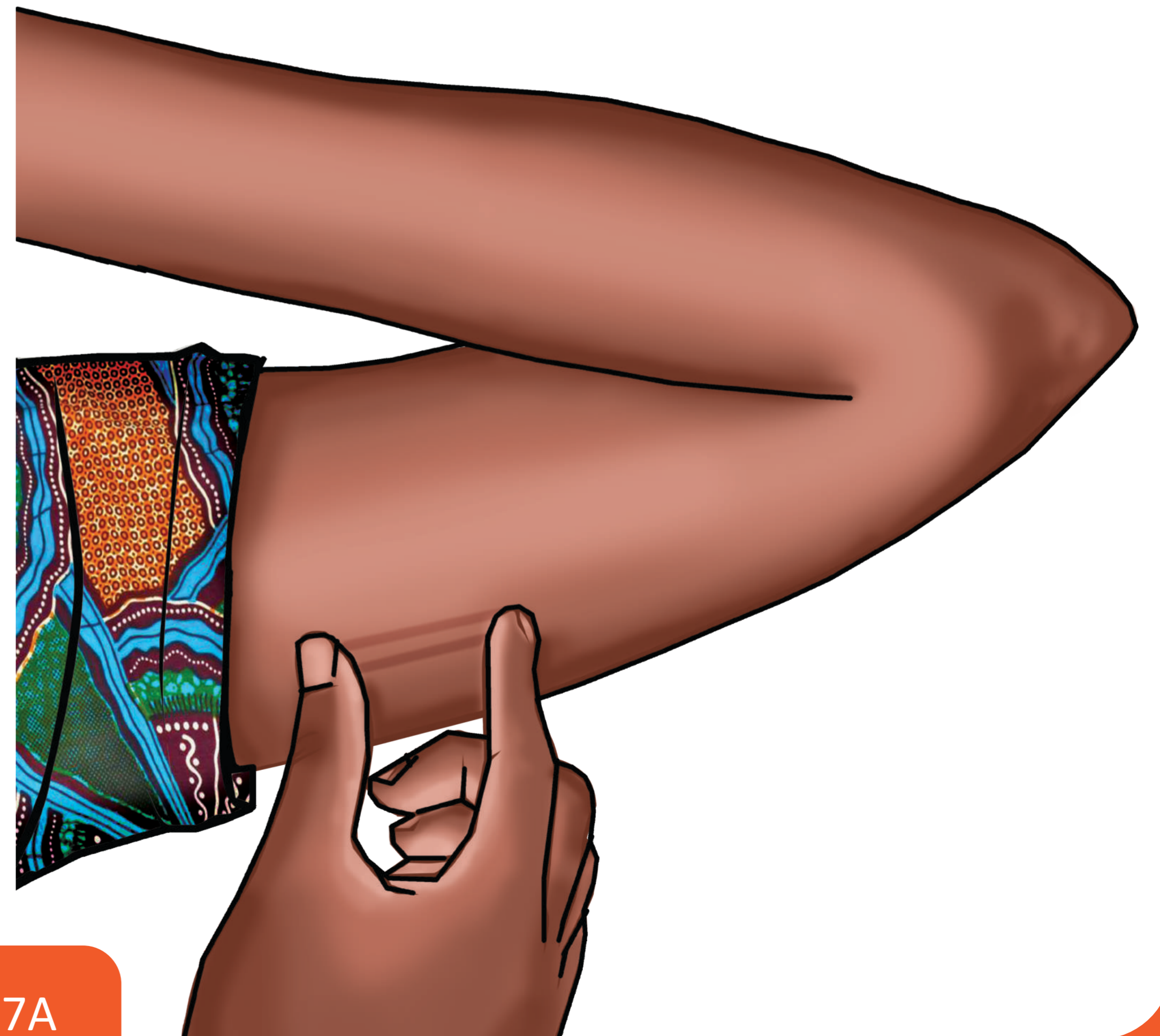
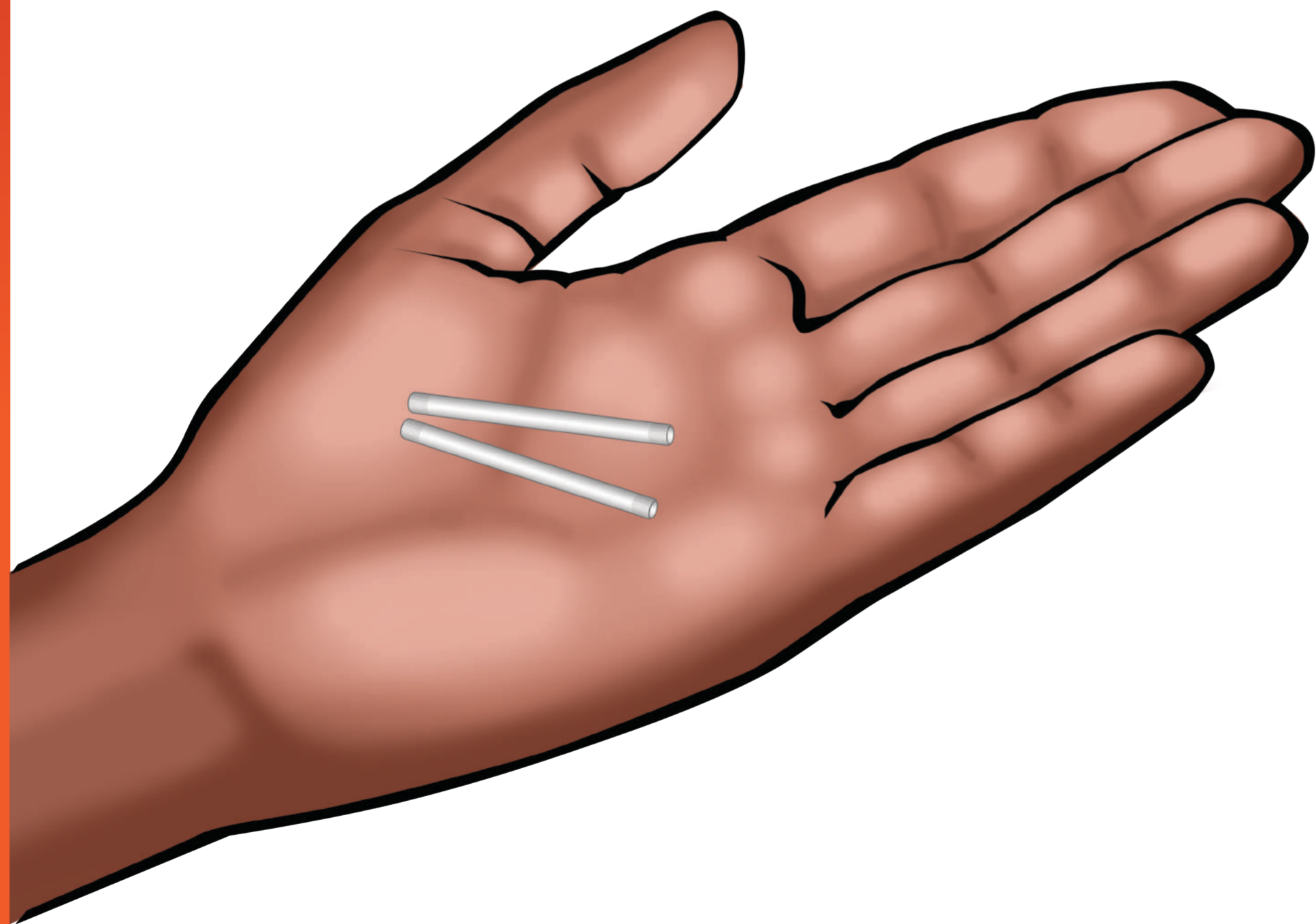
## ADVANTAGES

- It does not interfere with sex
- It is safe for breastfeeding mothers after the infant is six weeks of age

## DISADVANTAGES

- It can take some time for a woman to become pregnant again
- It can cause some side effects such as changes in monthly bleeding pattern, weight gain, dizziness and headache
- With progestin-only injectables, women commonly experience irregular bleeding for the first several months and then no monthly bleeding
- With regular monthly injectables, women typically experience lighter monthly bleeding, fewer days of bleeding, or irregular or infrequent bleeding, these side effects are normal
- It does not protect against STIs including HIV

# IMPLANTS



# IMPLANTS

## DESCRIPTION

- They are a set of small plastic sticks that are placed under the skin of a woman's arm and slowly release hormone into the body to prevent pregnancy

## HOW IT WORKS

- They work by thickening cervical mucus, making it hard for sperms to penetrate (to pass through)
- They partially inhibit ovulation
- They reduce sperm movement
- They make implantation less likely

## ADVANTAGES

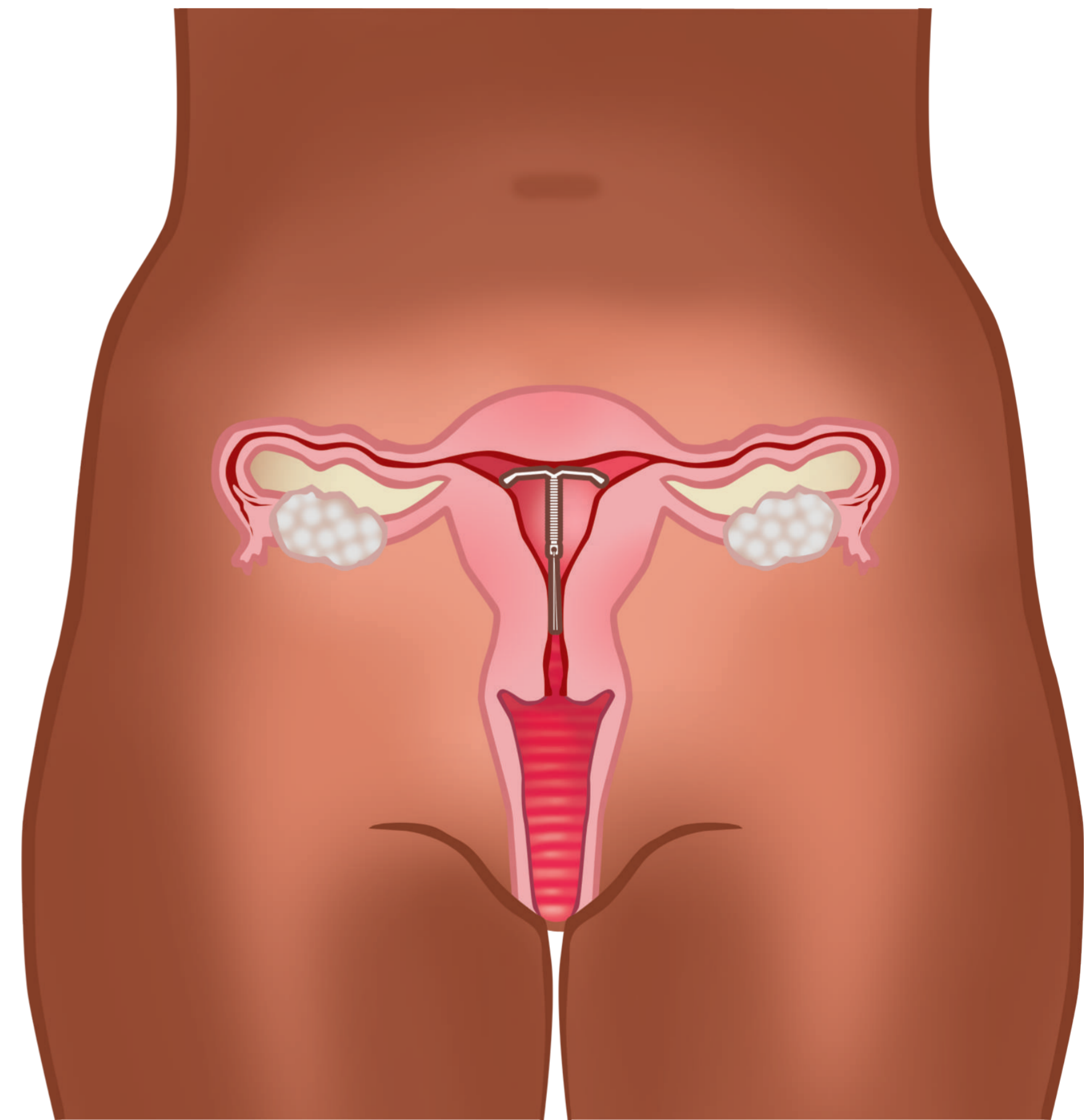
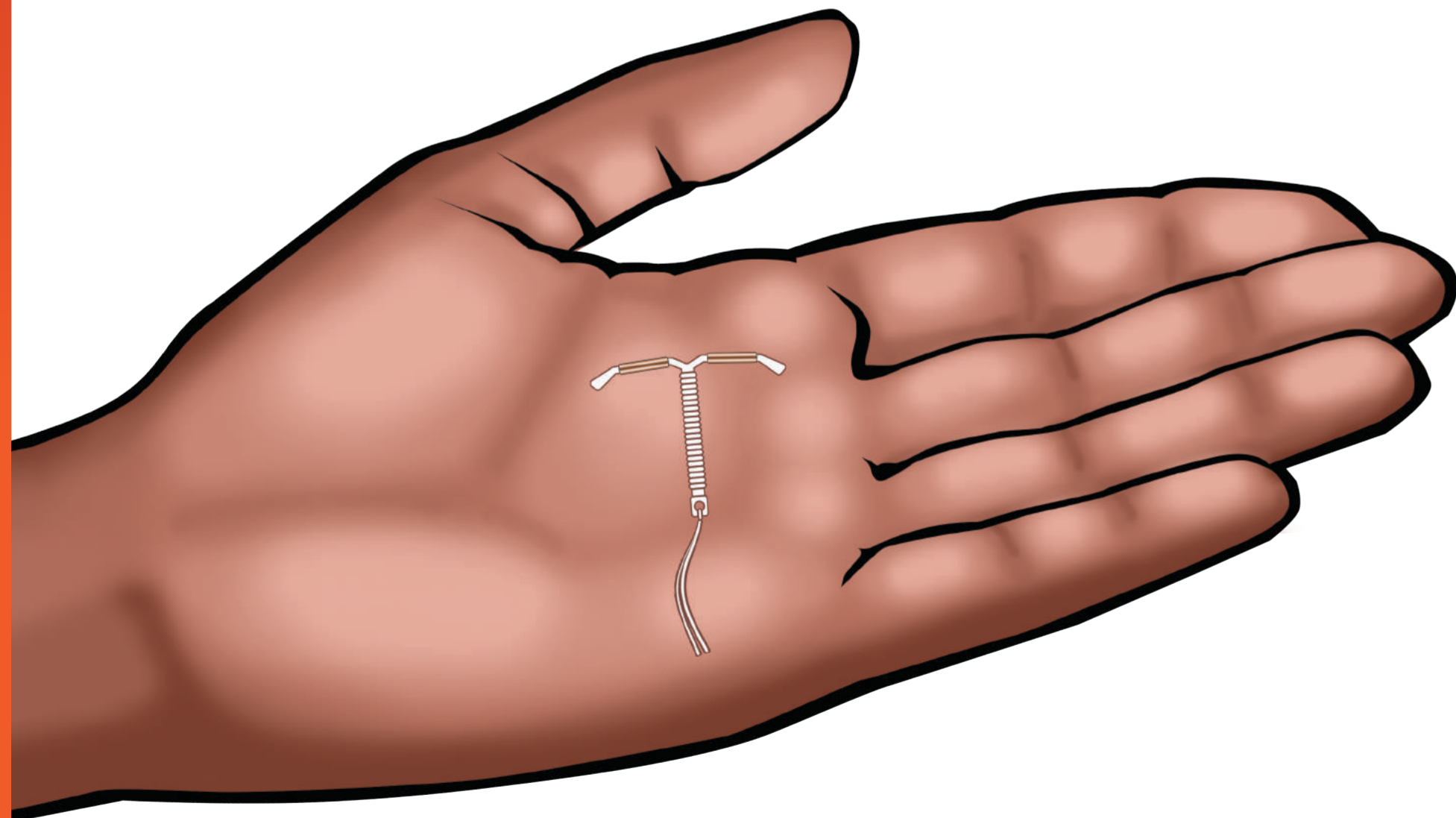
- Lasts for 3 - 5 years
- They are immediately effective (within 24 hours)
- After they are removed, a woman can become pregnant after a brief period
- They can be used by women of any reproductive age or parity
- Safe for use by breastfeeding mothers
- They do not require the woman to do anything once they are inserted
- They do not interfere with sex

## DISADVANTAGES

- A trained health provider is needed to insert and remove it
- A small incision or cut is required for insertion and removal
- They can cause some side effects such as changes in monthly bleeding pattern and mood; breast tenderness; dizziness; and headache
- It is common to experience irregular bleeding in the first year of use that can last more than 8 days at a time. Then lighter and fewer days of monthly bleeding or infrequent bleeding, these side effects are normal
- They do not provide any protection against STIs, including HIV



## IUD (Intra Uterine Device)



# IUD (Intra Uterine Device)

## DESCRIPTION

- It is a small plastic device placed in the woman's womb to prevent pregnancy
- It can be inserted at any time by a trained health provider, as long as the woman is not pregnant
- After a vaginal delivery, it can be inserted within 48 hours of delivery or after 6 weeks. After a caesarean section, it can be inserted after 6 weeks

## HOW IT WORKS

- It causes changes in the body of the woman that damages the sperm and the egg before they meet

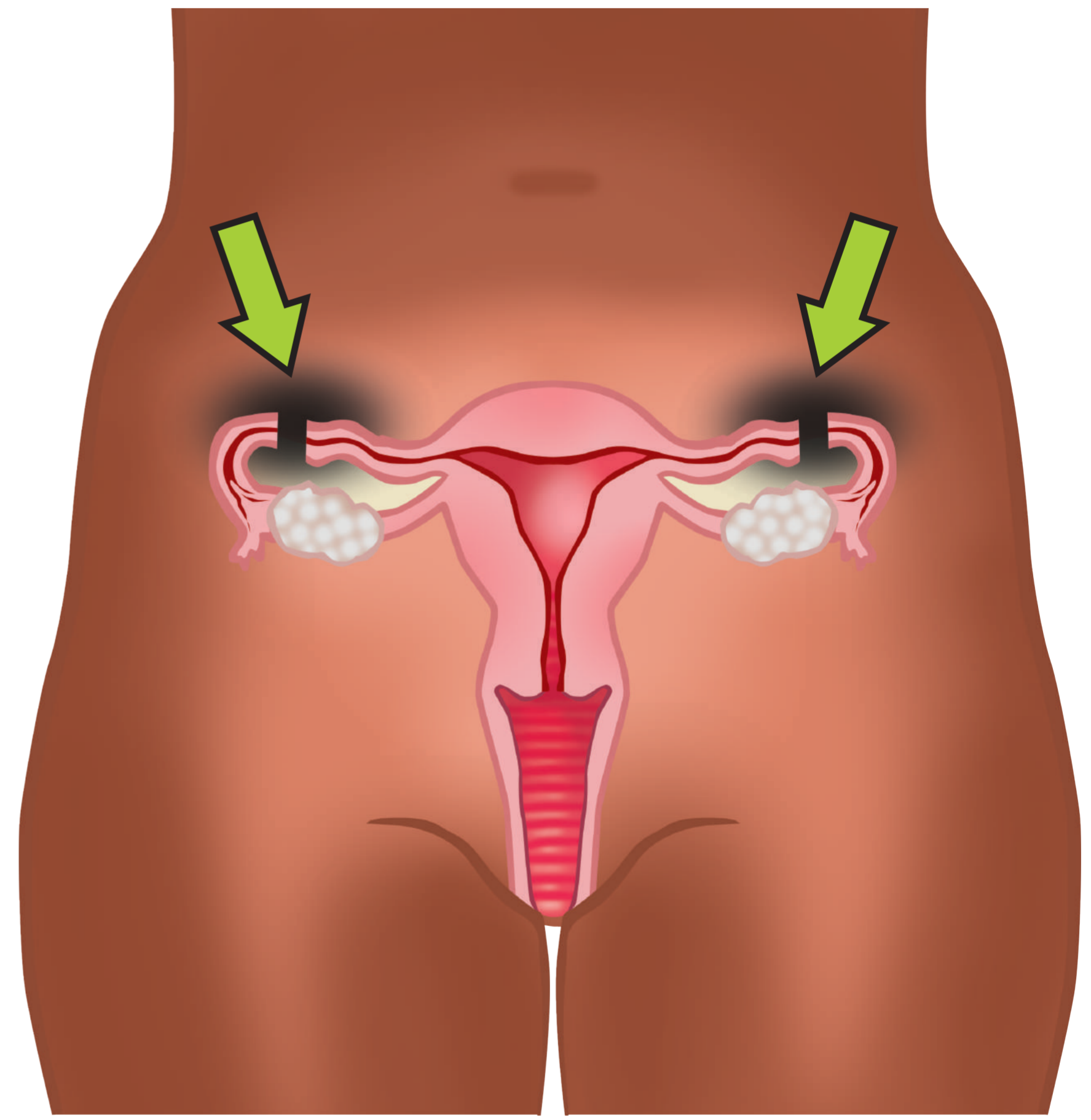
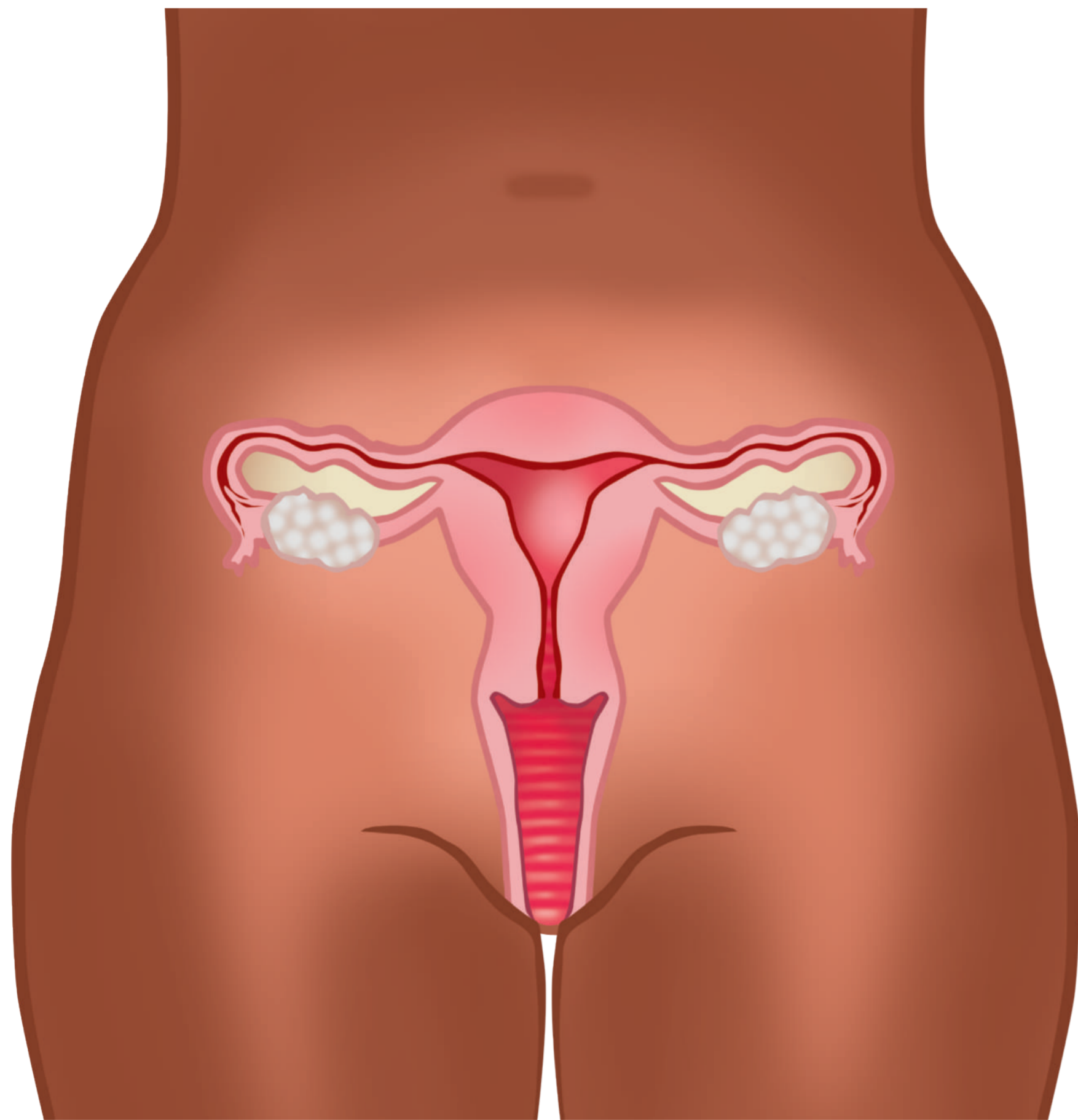
## ADVANTAGES

- It is long lasting (up to 10 years), no constant supplies needed
- It prevents pregnancy from the day it is inserted
- It can be removed at any time a woman wants to get pregnant
- It does not interfere with sex. It does not cause discomfort for the woman during sex. A man cannot feel the IUD during sex
- It can be left in place for years with little medical supervision. If a woman is concerned about whether her IUD is in place, she can check for the string in her vagina or see a health provider
- It does not require the woman to do anything once they are inserted

## DISADVANTAGES

- A trained provider is needed to insert and remove IUD
- The IUD may cause some discomfort immediately following insertion
- It typically causes longer and heavier bleeding, and more cramps or pain during monthly bleeding, especially in the first 3-6 months of use. This is not harmful
- It provides no protection against STIs, including HIV

# FEMALE STERILIZATION



# FEMALE STERILIZATION

## DESCRIPTION

- It is an operation in which the tubes that carry the woman's eggs to the womb are cut and blocked
- During the operation, a doctor makes a small cut in the woman's belly and closes the tubes

## HOW IT WORKS

- The eggs cannot meet the man's sperm so the woman cannot get pregnant
- The woman still has a period every month till she reaches menopause
- The woman looks and feels the same as she did before the operation

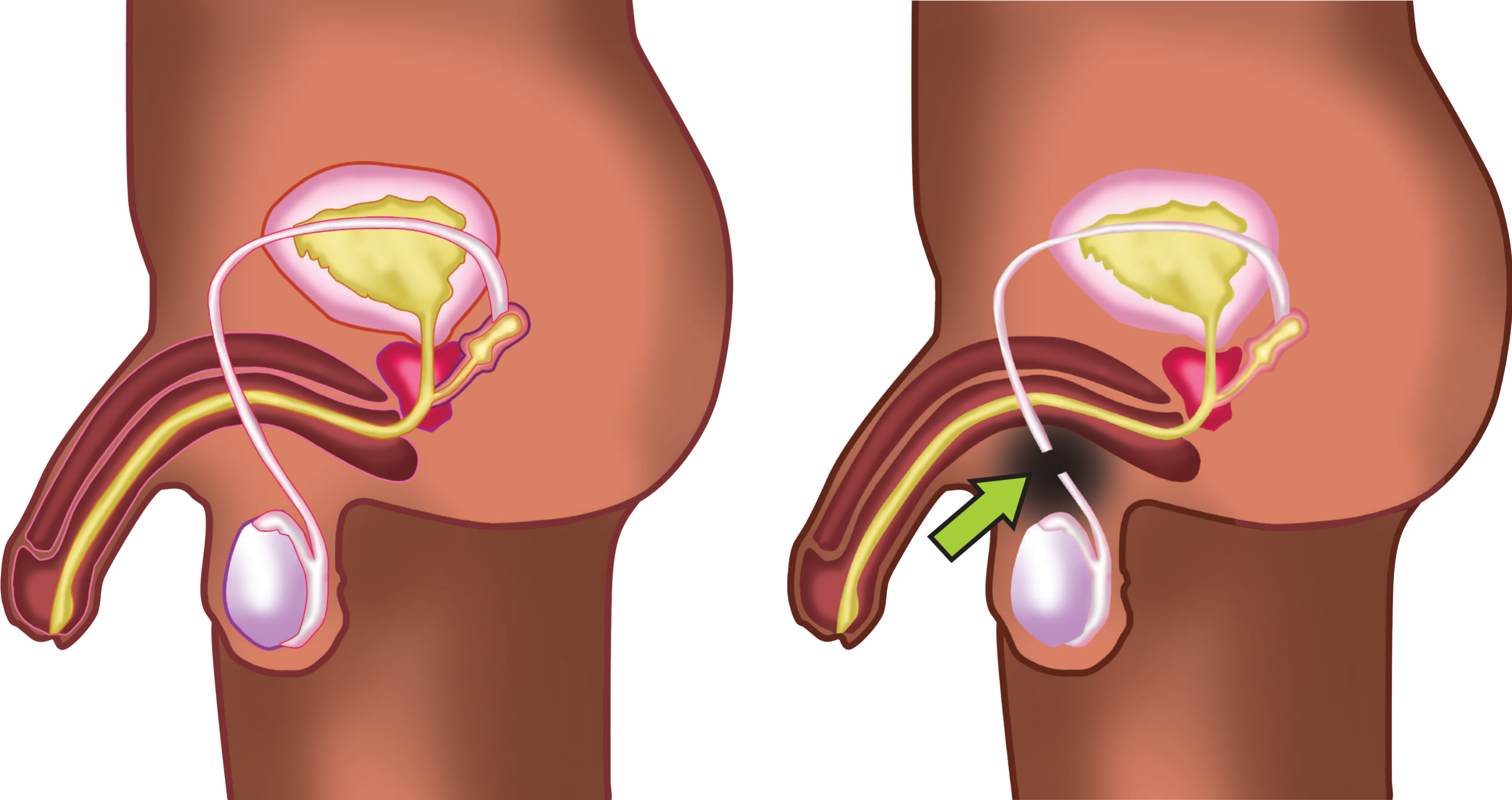
## ADVANTAGES

- It has no side effects
- After the operation, there is no more worry about pregnancy
- It does not interfere with sex
- It does not affect a woman's monthly bleeding
- It can be done soon after the birth of a baby so that re-admission to the hospital or clinic is avoided

## DISADVANTAGES

- There is a chance of regret
- It has a high cost at the time of procedure, but there is no further cost after that
- It does not give protection from STIs, including HIV
- There may be some discomfort during and after the procedure

# MALE STERILIZATION



# MALE STERILIZATION

## DESCRIPTION

- It is a simple operation in which the tubes that carry the sperms in a man are cut and closed

## HOW IT WORKS

- When the tubes are cut, the man still makes semen (the milky liquid) when he has sex, but there are no sperms in it. Since there are no sperms in the man's liquid, the woman cannot get pregnant
- The man can still have an erection, ejaculate and enjoy sex like before the operation
- The man looks and feels the same as he did before the operation
- It is not effective immediately so it is good to use condoms for 3 months after the procedure

## ADVANTAGES

- After the operation, there is no more worry about making a woman pregnant
- It does not interfere with sex

## DISADVANTAGES

- There is a chance of regret
- Condoms should be used for 3 months after the procedure until all sperms have cleared from the semen
- There may be some pain and discomfort during and right after the procedure
- It does not give protection from STIs, including HIV

## SOME CONCERNS ABOUT CHILDBIRTH SPACING METHODS



# SOME CONCERNS ABOUT CHILDBIRTH SPACING METHODS

We know many men and women have concerns around side effects of childbirth spacing methods. It is good to ask questions to make sure you are comfortable with the method you choose and know what to expect.

Because there is a lot of misinformation shared among people about side effects, next we will talk about a few of the main concerns we have heard from people.

- Some persons may experience some minor side effects when they start to use a childbirth spacing method.
- Not all persons will experience side effects.
- Side effects differ from person to person because of their biological make-up.
- Side effects are manageable and will go away with time.
- If there are concerns, see your health provider

## **Weight Change**

- Most childbirth spacing methods do not cause weight change (gain or loss). People tend to naturally gain some weight over time as they age.
- Some women using injectables and implants may gain some weight; however, this is not true for all women.

## **Bleeding**

- Some childbirth spacing methods can cause changes in monthly bleeding patterns. However, not all women experience this.
- Some childbirth spacing methods can cause irregular bleeding or prolonged monthly bleeding. This is not harmful and stops after a few months.
- Some childbirth spacing methods may cause women to not have their monthly bleeding. This is not harmful and does not mean the woman has become infertile.
- Childbirth spacing methods that do not cause changes to a woman's bleeding include: female and male condoms, standard days method, exclusive breastfeeding for 6 months after delivery, and female and male sterilization.

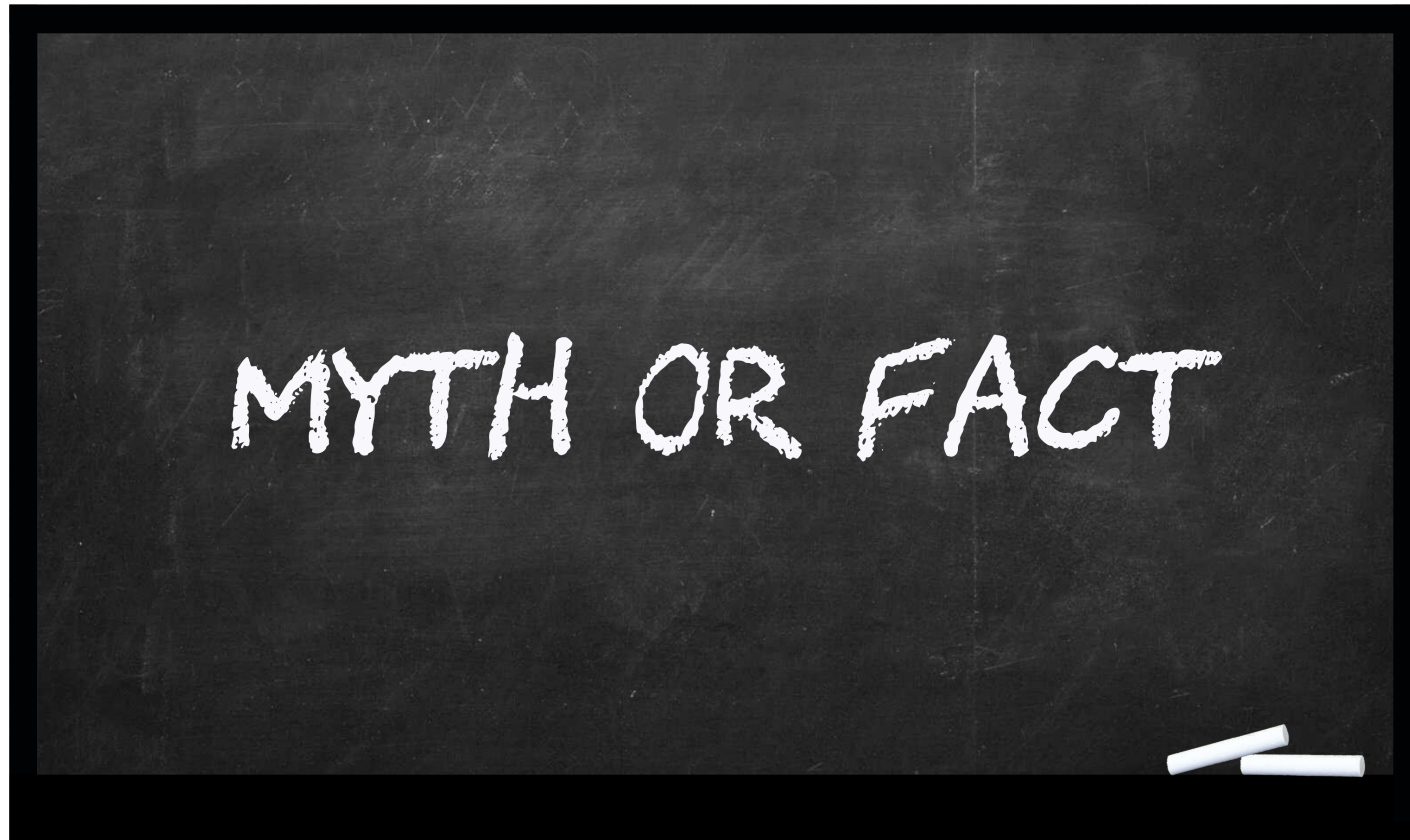
## **Infertility**

- Childbirth spacing methods do not make a woman infertile, even those used for many years.
- Sexually transmitted infections (STIs) are a major cause of infertility.
- It is important to treat STIs and other infections early to reduce the chances they will cause infertility.

If you have additional concerns that we have not discussed, please let me (the provider) know and I will try to address them.



# MYTHS AND MISCONCEPTIONS AROUND CHILDBIRTH SPACING AND FAMILY PLANNING METHODS



# MYTHS AND MISCONCEPTIONS AROUND CHILDBIRTH SPACING AND FAMILY PLANNING METHODS

Myths and misconceptions can happen when people do not have all the right information. Below are some common myths and misconceptions and the reasons why they are not true.

**MYTH:** Modern childbirth spacing methods are not effective

**TRUTH:**

- Many are as high as 99% effective
- Some require a trained healthcare provider to ensure they are used correctly
- If a method fails, it could be because it was not used correctly. For example, this can be if a person does not use a condom every time they have sex or if a person misses pills for too many days

**MYTH:** Many women still get pregnant while they have an IUD; A fetus is delivered holding the IUD

**TRUTH:**

- IUDs are more than 99% effective when inserted correctly
- Only health providers trained on IUD insertion can insert
- A health provider will confirm a woman is not pregnant before insertion

**MYTH:** Modern childbirth spacing methods cause infertility

**TRUTH:**

- The time it takes between stopping a method and the woman being able to become pregnant again is different for every method. With some methods, pregnancy can happen right away, while for others it can take time for the medicine preventing pregnancy to be completely wiped out of the body

**MYTH:** IUD travels to the brain or the heart

**TRUTH:**

- An IUD stays in the womb until it is removed. If it does come out by itself, it comes out through the vagina (Show picture of the uterus with the IUD in it)

**MYTH:** Modern FP methods causes cancer

**TRUTH:**

- Cancer can happen to anyone. If someone who uses a childbirth spacing/family planning method gets cancer, it does not mean the cancer was caused by that method

**MYTH:** Some religions are against childbirth spacing

**TRUTH:**

- No religion is against childbirth spacing
- Religions support healthy mothers and children
- Some religions are against certain methods people use to space their children

**MYTH:** Childbirth spacing is the woman's responsibility

**TRUTH:**

- Childbirth spacing is the man and woman's responsibility
- The man and woman should discuss with their healthcare provider about which method is best for them

**MYTH:** Childbirth spacing is expensive

**TRUTH:**

- Most childbirth spacing methods are either free or you pay a token for it
- Childbirth spacing actually reduces the financial stress as the mother and child will be healthier

**MYTH:** Some methods will make you to gain weight

**TRUTH:**

- Many women slowly gain weight over the years, whether or not they use contraception
- Some women experience a slight increase or decrease in weight while using contraception
- If a woman is unhappy with changes in her weight, she should talk to her provider who may suggest an alternative method

**MYTH:** If a woman dies and she is buried with the implants or IUD still in her body, she may not go to heaven.

**TRUTH:**

- Using implants or IUD does not prevent anyone from going to heaven. If a woman dies while using any childbirth spacing/family planning method, she can be buried