



Counselor Fact Sheet

Family Planning Methods

Family Planning Methods

Hormonal methods

Method	Details
Inplant (Jadelle)	<ul style="list-style-type: none"> A set of two small plastic silicone filled with hormones inserted just under the skin in a woman's arm to prevent pregnancy. The capsules release a hormone that causes temporary changes in the woman's reproductive system for up to 5 years. It stops ovulation and also thickens the cervical mucus that makes it difficult for sperm to reach the egg.
Injectable (Noristrat or Depo Provera)	<ul style="list-style-type: none"> An injection given to a woman that prevents pregnancy for 3 months. A new injection must be given every 3 months. Appropriate for breast-feeding women and women who have any heart related diseases.
The Pill - Regular Microgynon	<ul style="list-style-type: none"> A small tablet that women take every day to prevent pregnancy. The hormones inside the pill prevent a woman's body from releasing the egg every month. The pill also thickens the cervical mucus making it difficult for the sperm to enter the womb to fertilise the egg. The pill changes the lining of the womb so that an egg can no longer attach there.
Mini Pill (Used by breastfeeding mothers)	<ul style="list-style-type: none"> A tablet taken everyday by a woman to prevent pregnancy. Highly effective when taken everyday. Reduces menstrual flow.
Emergency Contraception (Morning after pill)	<ul style="list-style-type: none"> A pill that a woman can use to prevent pregnancy up to five days (120 hours) after unprotected sex (i.e. without a condom). The sooner EC is started, the better the woman's chances of avoiding pregnancy.
Intrauterine Contraceptive Device (IUD) - (the Loop)	<ul style="list-style-type: none"> A small plastic device that fits inside the uterus (womb) to prevent pregnancy. Most have a copper wire around the plastic to increase effectiveness. Most devices can last up to 5 years. Prevents pregnancy by causing temporary, reversible changes inside the womb and fallopian tubes, keeps the sperm and egg from meeting, therefore preventing fertilisation.





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Barrier Methods

Method	Details
Condoms (male and female)	<ul style="list-style-type: none"> Male condom: a thin close fitting latex (rubber) that a man wears over his erect penis before sexual intercourse to hold the sperms. Female condom: a soft, thin pouch (made of polyurethane) with flexible rings at the top and bottom ends that lines the vagina during sexual intercourse to hold sperms. Condoms create a barrier between the penis and the vagina and prevents sperm from entering the vagina to meet the egg. Condoms are the only family planning method which also protects from HIV infection. Use a new condom for every sexual act.
Diaphragm	<ul style="list-style-type: none"> A small dome shaped rubber cap which fits on the cervix in the vagina to prevent sperm from entering the womb. The woman should insert the diaphragm before sexual intercourse. Most effective when used with spermicide.

Permanent Methods

Method	Details
Vasectomy	<ul style="list-style-type: none"> A simple operation for men that keeps sperm out of the semen by closing the tubes that carry sperm. A permanent method for men who do not want to have anymore children. It is irreversible once done. The surgery takes around 3 months to become effective, use another family planning method during this time to avoid pregnancy.
Tubal Ligation	<ul style="list-style-type: none"> A surgery where a small cut is made in the lower abdomen to block the fallopian tubes. This prevents a woman's eggs from reaching her uterus for fertilization. It is a permanent method of family planning for women who do not want to have anymore children.





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Fertility awareness methods (Based on avoidance of intercourse)

Method	Details
Symptothermal method	<ul style="list-style-type: none"> Based on observing mucus and temperature.
Basal body temperature method	<ul style="list-style-type: none"> Your body temperature is lower during the first part of your cycle. It usually rises slightly after ovulation — when an egg is released. Your body temperature stays elevated for the rest of your cycle. It falls again just before your next period. Tracking your temperature every day can help you know when you ovulate. To prevent pregnancy, you will not have unprotected vaginal intercourse until three days after you ovulate each cycle. You will need to chart your basal body temperature (BBT) every day.
Cervical mucus method	<ul style="list-style-type: none"> The hormones that control your cycle also make the cervix produce mucus. It collects on the cervix and in the vagina. The mucus changes in quality and quantity just before and during ovulation. With personal instruction, many women can learn to recognize these changes. Instruction is usually given one-to-one.

Lactational Amenorrhoea Method (LAM)

Method	Details
Lactational Amenorrhoea Method (LAM)	<ul style="list-style-type: none"> Utilises the temporary infertility that occurs during breastfeeding. When a baby suckles frequently at the breast, it stimulates the nipple, sending signals to the brain which then releases hormones. These hormones prevent the release of the woman's egg. To be effective, breast milk must be the only food or drink the baby receives. No health risks and improves mother and child bonding.

