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RELIABLE CONTRACEPTIVE CHOICES

Family planning options easily available at your nearest health facility. Plan today, be happy tomorrow!



SPACING METHODS



INTRA UTERINE CONTRACEPTIVE DEVICE (IUCD)

- Highly effective option for woman that provides long term protection (5 & 10 years).
- A small device made of plastic and copper that is easily inserted in the uterus by a trained service provider.
- Can be inserted at any time during menstrual cycle; 6 weeks or more after child birth (Interval IUCD); within 48 hrs of delivery (Postpartum IUCD) or within 12 days of completion of abortion (Postabortion IUCD).
- Requires follow-up at 1, 3 & 6 months.
- Changes in menstrual bleeding, backache etc. are common but harmless and subside usually within 3 months.



INJECTABLE CONTRACEPTIVE MPA (ANTARA PROGRAM)

- Safe, highly effective, and convenient hormonal contraceptive method.
- One dose is effective for three months.
- Can be used by breastfeeding women after 6 weeks of delivery, as it does not affect the quantity and quality of milk.
- Causes menstrual changes like irregular/prolonged bleeding and no monthly bleeding which are harmless and reversible.
- Takes 7-10 months from date of last injection for the fertility to return.



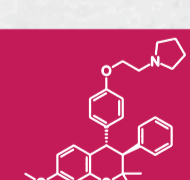
COMBINED CONTRACEPTIVE PILLS (COC: MALA N)

- Highly effective hormonal contraceptive pill to be taken daily without any break.
- Can be started after screening by a health care provider.
- Can be taken by the breastfeeding women ONLY after 6 months of delivery.
- Improves women's health by reducing menstrual problems like cramps and heavy bleeding.



CONDOM (NIRODH)

- Safe and effective method with no side effects.
- Provides double protection from unwanted pregnancy, sexually transmitted infections including HIV/AIDS.
- Fresh condom to be used during each intercourse.
- Made of thin rubber and should be worn correctly and consistently on an erect penis before sex.



CENTCHROMAN (CHHAYA)

- Non-hormonal, weekly contraceptive pill for woman.
- Safe and effective method even for breast feeding woman.
- Can be taken after screening by a health care provider.
- Few women may experience changes in menstrual cycle which are harmless and reversible.



LIMITING METHODS



MALE STERILIZATION

- Permanent method, highly effective, done by trained service provider.
- Walk-in procedure, takes 10-15 minutes and does not require any incision or stitch (Non-Scalpel Vasectomy-NSV).
- Post procedure the client may leave health facility after 30 minutes.
- After the procedure either of the partners should use condom or some other form of contraception for 90 days or until the semen analysis shows no sperms.
- Does not interfere with sex drive or strength of men.



FEMALE STERILIZATION

- Permanent, safe and highly effective method.
- Simple operation where fallopian tubes are blocked by trained service provider.
- Can be done any time during menstrual cycle; 6 weeks or more after child birth (Interval Sterilization); within 7 days of delivery (Postpartum Sterilization) or within 7 days of abortion (Postabortion sterilization).
- No change in menstrual cycle.
- Follow up is required after one month or when woman resumes her menses.

NATURAL METHOD



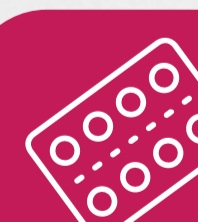
LACTATIONAL AMENORRHEA METHOD (LAM)

Natural Family Planning method of exclusive breastfeeding prevents pregnancy for 6 months after birth.

It is effective only when:

- Child is or less than 6 months old.
- Child is exclusively breastfed.
- Menstruation has not resumed after delivery.

EMERGENCY CONTRACEPTION



EMERGENCY CONTRACEPTIVE PILL (ECP; EZY PILL)

- ECP is an emergency contraceptive that may be used within 72 hours of unprotected sex.
- Not a regular contraceptive and to be used only in emergency situations.
- These pills are ineffective if pregnancy has already set in.



Contact your nearest health care provider for more information

Disclaimer: MOMENTUM Safe Surgery in Family Planning and Obstetrics is funded by the U.S. Agency for International Development (USAID) as part of the MOMENTUM suite of awards and implemented by EngenderHealth under USAID cooperative agreement #7200AA20CA001. For more information about MOMENTUM, visit <https://usaidmomentum.org/>. The contents of this fact sheet are the sole responsibility of EngenderHealth and do not necessarily reflect the views of USAID or the United States Government. **Photos Credit: EngenderHealth.**

