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

### Spacing Methods

#### Intruterine Contraceptive Device (IUCD)
- Highly effective option for women 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 sperm.
- 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

#### 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.

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