



Family Planning

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**This booklet provides
information on some
effective family planning
methods and how to
access them.**

**The choice of method
depends on the needs of
individuals/couples,
keeping in mind their age,
marital status and
preference for spacing or
terminal methods.**

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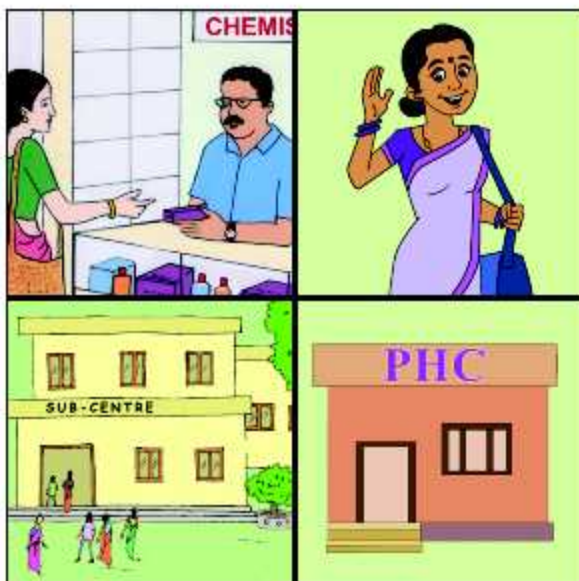
Oral Contraceptive Pill (OCP)



What is it?

The OCP is a pill to be taken by a woman every day. It protects her from pregnancy for the entire monthly cycle.





Where is it available?

Called **Mala D** or **Mala N**, oral pills are easily available in private stores as well as with the ASHA and at the sub-centre, **PHC** and **CHC**.





**Before choosing this method, you
should know that . . .**

Oral pills should be taken only after
consulting a doctor.





Oral pills are not suitable for women who

- Have jaundice
- Have suffered a stroke
- Suffer from paralysis or heart disease
- Have blood clots in the veins of the legs
- Have high blood pressure (above 140/90)
- Are smokers
- Are above the age of 35





Women who are breastfeeding should not take oral contraceptive pills.





Oral pills often have side effects such as

- **Nausea**
- **Headache**
- **Swelling in the legs**
- **Changes in the monthly period**

These conditions improve after two or three months of use; if there is no improvement, it is necessary to consult a doctor.



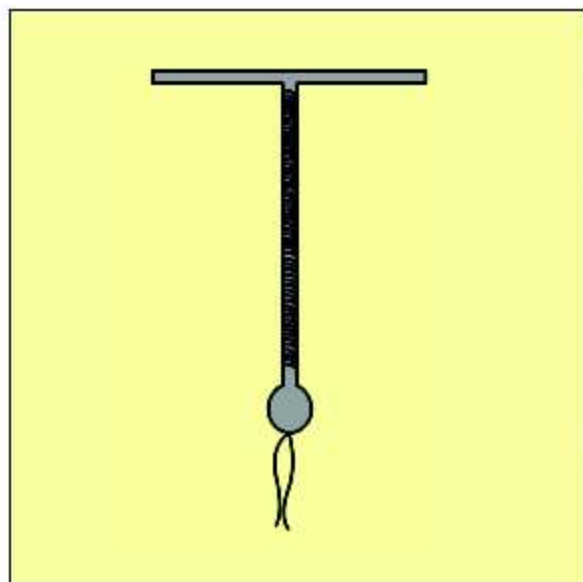
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**Intrauterine
Contraceptive Device
(IUCD, Copper-T,
the Loop)**



What is it?

The IUCD is a small object or device (generally made of copper) that is inserted into the uterus.

It can stay there for upto ten years.

It stops the man's sperm from fertilizing the woman's egg and thus prevents pregnancy.





Where is it available?

An IUCD has to be inserted into the uterus by a trained ANM, nurse or doctor.

This service is available at any government health centre.



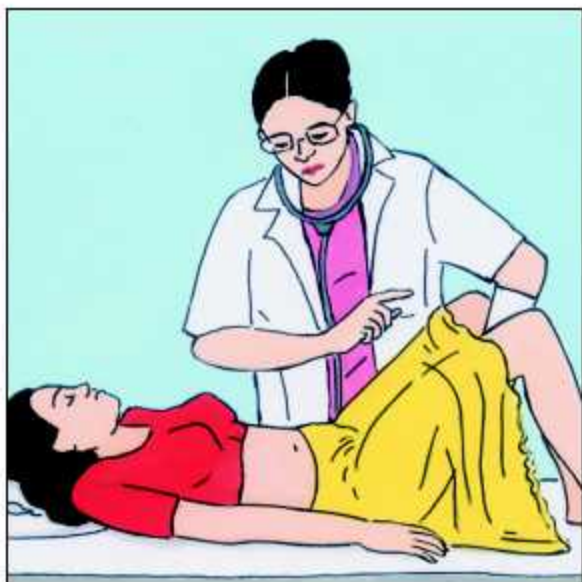


Before choosing this method, you should know that . . .

An IUCD is not suitable for women who

- Are Anaemic
- Have never been pregnant
- Have had pregnancy in the tubes
- Are at risk of catching Sexually Transmitted Infections (STI)
- Have had infection in the tubes or uterus
- Have had infection after childbirth or an abortion
- Have heavy bleeding and pain during their monthly period





A pelvic (internal) examination has to be done before the doctor/nurse/ANM inserts the IUCD. The best time to have an IUCD inserted is during the monthly period. If it is to be inserted after childbirth, then it is best to wait for six weeks, until the uterus returns to normal.

Some light bleeding after insertion is a common side effect. Some women also have longer, heavier and more painful periods; but this usually stops after three months.





It is important for a woman to check her IUCD after each period, to make sure it is in place.

- The woman should first wash her hands.
- She should then squat and reach into her vagina with two fingers to feel the two strings that generally hang from the device.

This should be done carefully without pulling the strings.

- Hands must then be washed again.
- If the IUCD is not in place, it is necessary to consult the doctor or nurse or ANM.



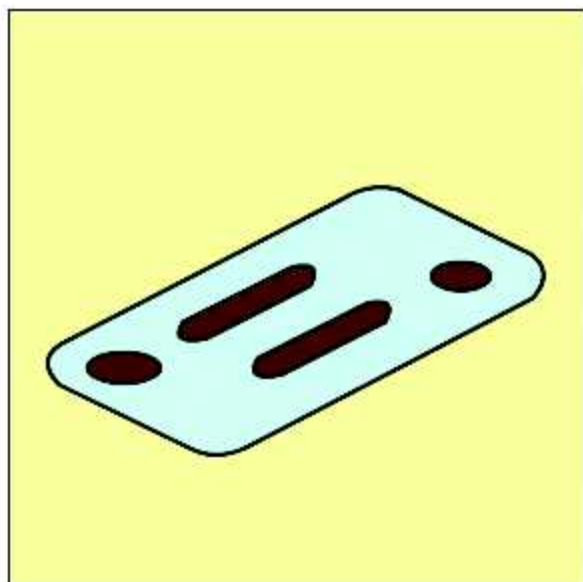
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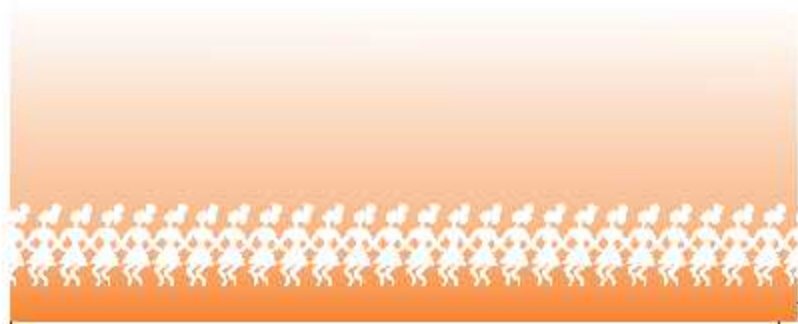
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Emergency Pill



What is it?

The emergency pill is a pill that a woman can take after sexual intercourse, if she has had unprotected sex, and needs to prevent an unwanted pregnancy.



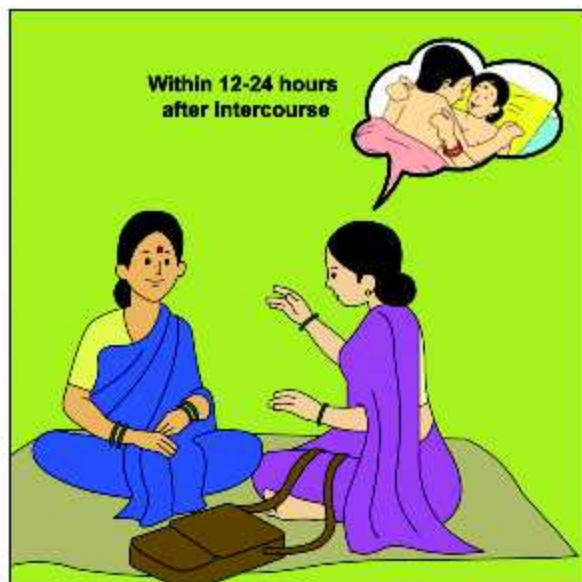


Where is it available?

Emergency pills are available at the sub-centre, PHC and CHC, as well as with the ASHA.

It is advisable to take the pill under medical supervision.





Before choosing this method, you should know that . . .

An emergency pill must be taken as soon as possible after intercourse.

It is effective only when taken within 12-24 hours after intercourse.

The pill will not be effective if a woman has already become pregnant from having sex more than three days before it is taken.

Emergency pills must not be used as a regular method of contraception.



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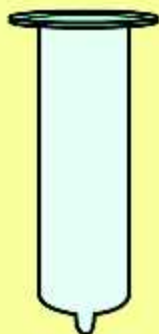
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Condom

Male Condom



Female Condom

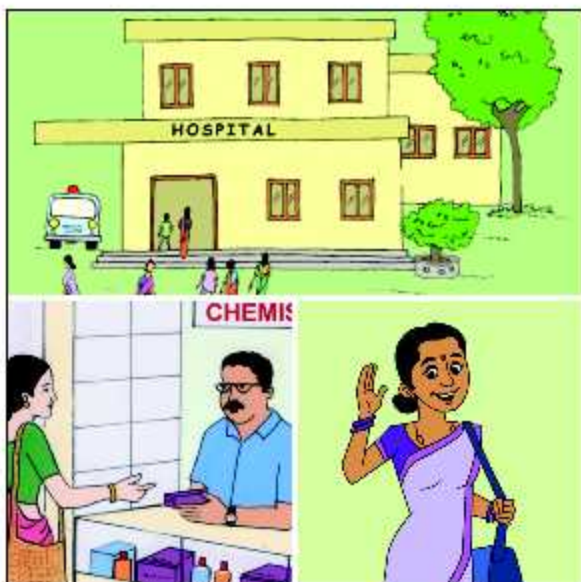


What is it?

The condom is a narrow bag made of thin rubber that prevents the man's sperms from entering the woman's body and making her pregnant. It is to be worn by a man on his penis, during sexual intercourse.

A different kind of condom is available for women. This is to be inserted inside the vagina before intercourse.



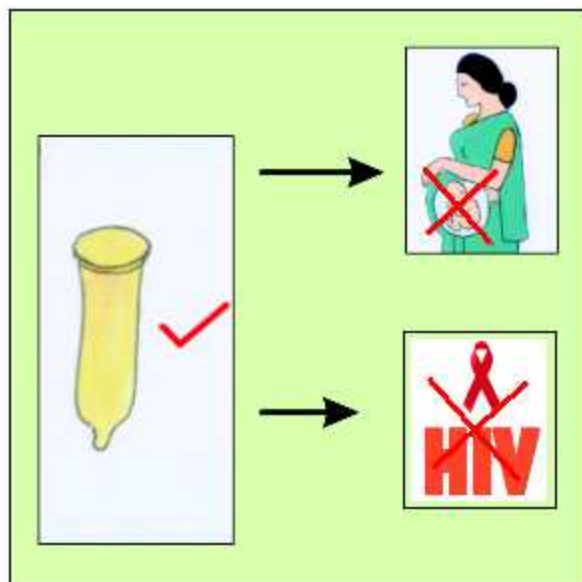


Where is it available?

Male condoms are easily available at health centres, private stores and with the ASHA.

Female condoms are available in private stores.



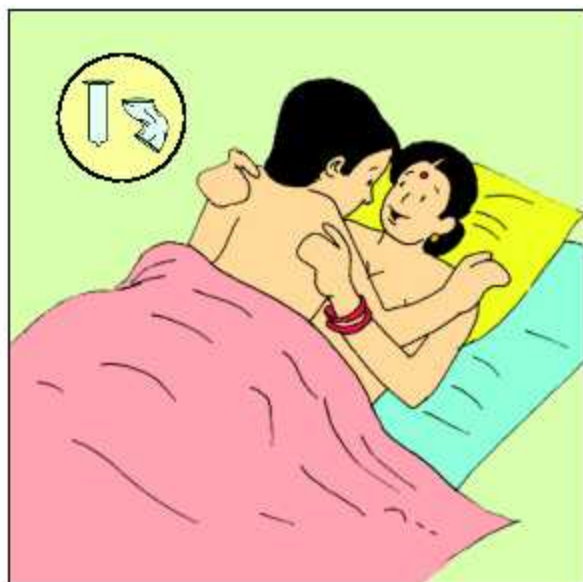


Before choosing this method, you should know that . . .

A condom is useful not only as a contraceptive but also as protection from Sexually Transmitted Infections and HIV.

No other contraceptive device offers this protection. For preventing infections a couple must use condoms, even if one of them is sterilized.

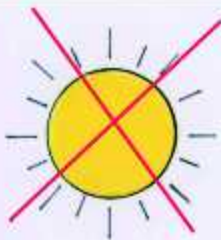




- A condom must be used during every sexual encounter.
- A couple using condoms must plan ahead to ensure its availability. A stack of 3 should be kept at home.
- This is more important in certain times for e.g. if husband is returning after a long time of being away or travelling, at times of celebrations etc.



**A new one
each time**



**Expiry Date:
XXXXX**



- It is essential to use a new condom each time; that is, a condom cannot be reused.
- Condoms must be stored properly, in a cool, dry place away from sunlight.
- It is also important to ensure that the condom is not torn or damaged and that it is well within its expiry date.



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Sterilisation



What is it?

Sterilisation is a permanent method of family planning, suitable for couples who are sure they do not want any more children.

Such an operation may be performed on a man or on a woman.

The surgery is fast and safe, and has no side effects.

It does not affect the women's ability to have sex or feel sexual pleasure.

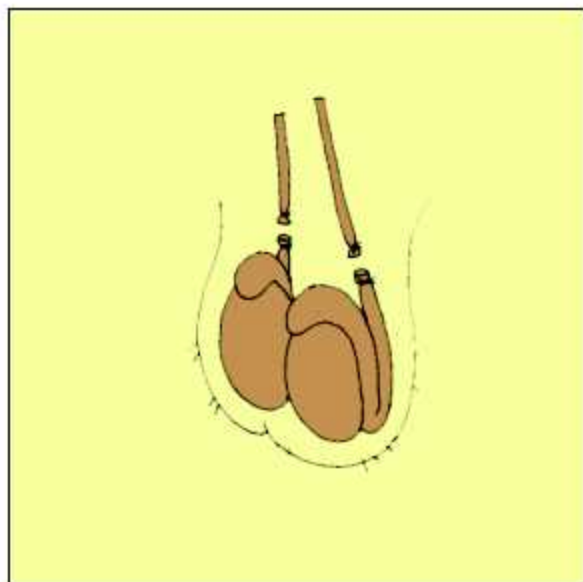




Where is it available?

The service is available at any a few chosen facilities. Usually it is provided only on specific days.





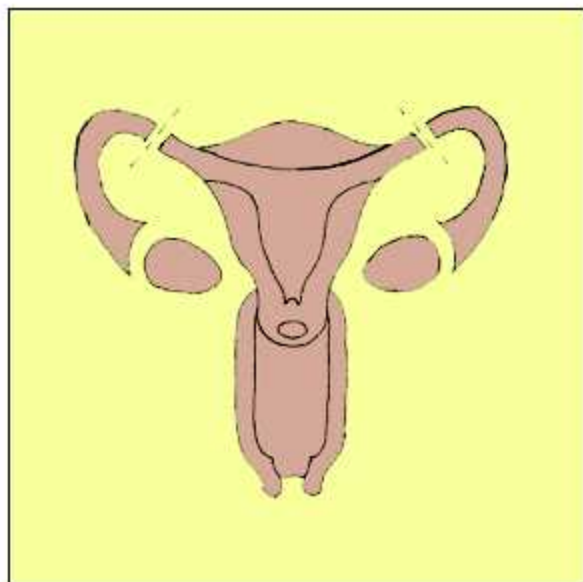
Before choosing this method, you should know that . . .

A vasectomy (the operation for a man) is a very simple operation, which takes only a few minutes.

It does not affect the man's ability to have sex or feel sexual pleasure.

The man (or his partner) should continue to use some other form of contraception for 90 days after the operation.





The operation for a woman is called a tubectomy. It is a slightly more difficult operation than a vasectomy, but is quite safe and takes about 30 minutes.

A tubectomy can be performed within seven days of the start of a woman's menstrual cycle, or 24 hours after delivery, or six weeks after delivery.









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