FAMILY PLANNING METHODS

Lactational Amenorrhea Method

Male Condom

Female Condom

Pill

Implant

Injectable

IUD

Tubal Ligation

Vasectomy
## HOW FAMILY PLANNING METHODS WORK

Knowing how family planning methods work on the woman or man’s body to prevent pregnancy can help users use methods correctly and consistently.

### Lactational Amenorrhea Method
**How it works:** LAM prevents pregnancy in a woman who has just had a baby if she meets the 3 following conditions:  
1. She has had no menstrual bleeding since the baby’s birth  
2. She exclusively breastfeeds the baby; no other food or liquid is given to the baby  
3. Her baby is less than 6 months old  
**What to expect:** No monthly bleeding while exclusively breastfeeding a baby less than 6 months old.

### Male Condom
**How it works:** Male condoms cover the man’s penis during sex and keeps sperm from entering the woman’s body.  
**What to expect:** Important to use a new condom correctly each time a couple has sex.

### Female Condom
**How it works:** Female condoms are placed inside the woman’s vagina and keep sperm out of her body.  
**What to expect:** Important to use a new condom correctly each time a couple has sex. Make sure the man's penis enters inside the condom ring and stays in during sex.

### Pill
**How it works:** A woman takes a hormonal pill every day. These pills keep a woman from releasing an egg, so even if sperm enter her body, there is no egg to fertilize.  
**What to expect:**  
1. Some cramping at first.  
2. Sometimes irregular bleeding, which is common and safe  
3. Some women have stomach upset or mild headaches that go away after a few months.

### Implant
**How it works:** A trained provider inserts a small tube under the skin of a woman’s arm. This lasts for 3 to 5 years. Can be removed anytime if a woman wants to get pregnant. It prevents sperm from reaching egg and prevents release of egg.  
**What to expect:**  
1. Irregular bleeding, spotting; this is common and safe  
2. Some cramping in the first few months of use.

### Injectable
**How it works:** Hormone injections are given either every 2 (NET-EN) or 3 (Depo) months. It prevents the release of egg, so even if sperm enter a woman’s body, there is no egg to fertilize.  
**What to expect:**  
1. Irregular bleeding at first, then spotting or no monthly bleeding. This is common and safe  
2. Possible weight change  
3. After stopping injections, it can take several months to become pregnant.

### IUD
**How it works:** The IUD is a small, flexible, plastic "T" placed in the womb. It thins the lining of the womb and thickens a woman’s secretions to prevent sperm from entering the uterus.  
**What to expect:** Some cramping and heavier bleeding during the woman’s period in the first few months of use.

### Tubal Ligation
**How it works:** Fallopian tubes are cut or blocked by a trained provider. The womb is NOT removed. Safe and permanent method for women or couples who do not want more children.  
**What to expect:** May have soreness for a few days after operation. Monthly bleeding will continue as usual. A woman will not be able to become pregnant following this surgery.

### Vasectomy
**How it works:** The tubes that carry sperm in a man’s body are permanently blocked. Testicles are NOT removed.  
**What to expect:** Does not decrease sex drive, erection or ejaculation. A man must use a back-up method for first 3 months after the operation. A man will not be able to father a child after this surgery.