

Family Planning Method Fact Sheet



Condoms

What: A thin covering made of latex rubber or plastic that fits over the erect penis.

How it works: The condom creates a barrier that prevents sperm from entering the vagina. It is effective if used during every intercourse.

How to use: Put a new condom onto an erect penis before each sexact. Dispose of the used condom after each intercourse.

Side effects: No side effects.

Key points:

- The only method that prevents both pregnancy and sexually transmitted infections, including HIV.
- Can be used with other family planning methods to double protection against unintended pregnancy.
- Be careful not to tear the condom when opening the package or putting it on.
- Check the package before opening to make sure that the package is airtight (there should be a bubble when pressed) and that the condom is not past its expiration date.
- If a condom breaks during use, see a health provider for emergency contraception to prevent pregnancy.
- Condoms do not decrease sexual pleasure or increase risk for sexually transmitted infections. In fact, condoms can prolong sexual pleasure by preventing premature ejaculation, and are the best way to protect against sexually transmitted infections.
- For any additional questions, go to the nearest health facility provider.



Combined Oral Contraceptive Pills

What: This is a temporary family planning method. They are pills with hormones that are taken every day.

How it works: The pill prevents the release of the egg or ovum from the ovary inside the woman's body, which prevents sperm from fertilizing the egg.

How to use: Start taking a pill within the first five days of menstruation and/or any time after a woman confirms that she is not pregnant by consulting with the nearest health care provider. Try to take the pill at the same time every day. When you finish a monthly pack, start a new pack the next day. If you miss a pill, take the missed pill as soon as you remember and at the same time as previous pills. It is ok to take 2 pills at the same time. If you miss more than 2, start again with taking pills every day and use condoms along with the pills for at least seven days.

Return of fertility: As soon as you stop taking pills, a woman can plan for pregnancy. Thus, in order to delay birth, a newly married couple can use this method.

Side effects:

- Sometimes irregular bleeding at first, then lighter bleeding.
- Some women have mild headaches, tender breasts, or nausea that go away after the first few months. Some women experience changes in their weight or mood.
- If you experience these side-effects for a long period of time, please go to the nearest health facility provider.

Key points:

- Take a pill every day.
- If you miss a pill, you can "catch up" or restart without poor health effects.
- A breastfeeding woman within the six months of delivery should not take pills.
- Taking a pill can have effects on your body but these should be mild or temporary.
- Make sure to always have enough pills, including more packs for when you run out of one.
- Pills do not provide protection against sexually transmitted infections, including HIV.
- Pills do not effect your ability to get pregnant once you stop taking them.
- Pills do not cause birth defects or problems with birth.
- Pills are not linked to serious illness or cancer.
- Pills are available in the government health facilities, private/ non- government family planning clinics and stores. In addition, they can also be received from the Female Community Health Volunteers of the respective wards.



Depo Provera

What: A shot with hormones given by a health provider every 3 months.

How it works: The hormones prevent the release of the egg or the ovum from the ovaries inside the woman's body, which prevents sperm from fertilizing the egg.

How to use: Get an injection from your health provider every 3 months. Women who have just given birth can start injections 6 weeks after childbirth. This method can be used within the first to seventh days of menstruation and /or whenever a woman confirms that she is not pregnant by consulting with the nearest health care provider.

Return of fertility: It might take several months for a woman to gain back her fertility after stopping the injection. This period varies between 7 to 10 months after stopping the injection.

Side effects:

- After using this method, many women might have irregular menstruation or not have their period. These are common side-effects and for more information, you may visit nearest health care provider.
- Irregular bleeding at first, then no monthly bleeding or very little monthly bleeding.
- Some women experience a slight change in their weight or sex drive.
- Some women have headaches, dizziness, or discomfort immediately following the injection.
- If you experience these side-effects for a long period of time, please go to the nearest health facility provider.

Key points:

- Injections do not have any permanent or weakening effect on the woman's body.
- Women should be able to get pregnant within a few to several months after stopping injections.
- Injections can affect the regularity of monthly bleeding. This is common and safe and has no ill effect on the woman's body.
- Injections do not cause a build-up of blood in the woman's body. They actually prevent the normal monthly build-up of blood which results in the monthly period, which is why there is a loss of the monthly period while taking injections.
- Injections work best if women get their shots at regular intervals, but will still be effective within a window of a few weeks. A woman who misses her regular shot can still get an injection up to four weeks late.
- Injections do not protect against sexually transmitted infections, including HIV. It is safe to use injections with condoms for dual protection.
- Injections can be taken from a trained health facility staff at government/non-government and private/ family planning clinics.



Intra-Uterine Contraceptive Device (IUCD)

What: The IUCD is a small, flexible "T" made out of plastic and/or copper wire that is placed in the womb or uterus. IUCDs either have hormones or copper wire. In Nepal, the copper T is used.

How it works: The copper IUCD prevents sperm from fertilizing an egg by interfering with the sperm's ability to move through the uterus and into the fallopian tube.

Return of fertility: There is no delay in the return to fertility and a woman can become pregnant right after the removal of the copper T from the womb.

How to use: A health provider inserts and removes the IUCD. Counseling should be received from the health provider upon inserting the IUCD. The IUCD can be inserted immediately after childbirth. It can also be used immediately after unprotected sex to prevent pregnancy. The IUCD lasts for up to 12 years but can be removed when desired and one can conceive after removal.

Side effects: During the first few months after the insertion of an IUCD, women usually experience an increase in cramping and irregular bleeding or irregularity in their menstruation cycle which are common side-effects. These can be managed over time. For more information on this method and its side-effects, you may visit the nearest health facility provider.

Key points:

- The IUCD can cause changes in your monthly period, making you bleed more during the first few months and then less afterwards. This is common and safe and has no permanent side-effects on your body.
- The IUCD has no permanent effects on your fertility. It is possible to get pregnant as soon as the IUCD is removed.
- For a small percentage of women (2-10%), the body will reject the IUCD or flush the IUCD out with your monthly bleeding. It is good to visit the health provider who inserted your IUCD for a follow-up appointment during the first few months.
- The IUCD cannot travel through the body from the uterus/womb to other organs like the stomach or heart.
- The IUCD can not be felt or detected by sexual partners.
- The IUCD does not protect against sexually transmitted infections, including HIV. It is safe to use the IUCD with condoms for dual protection.



Implant

What: Implants are a temporary method of family planning. They are small tubes containing slowly released hormones that are placed under the skin of the upper arm. This method can be used within the seven days of menstruation and /or whenever a woman confirms that she is not pregnant by consulting with the nearest health care provider.

How it works: Implants are a temporary method of family planning. They are small tubes containing slowly released hormones that are placed under the skin of the upper arm. This method can be used within the seven days of menstruation and /or whenever a woman confirms that she is not pregnant by consulting with the nearest health care provider.

How to use: A health provider inserts and removes the implant. The implant lasts for up to 5 years. This method could be adopted by those couples who want to delay the birth of their first child, want birth spacing, or do not want any more children.

Return of fertility: Can start conceiving after removing the method. **Side effects:** Women may experience more bleeding during the first few months after receiving an implant, followed by reduced or no bleeding. Some women have headaches, change in weight or mood, breast tenderness, or acne for a period of time after insertion. If you experience these side-effects for a long period of time, please go to the nearest health facility provider.

Key points:

- The implant may cause reduced or no monthly bleeding, or irregular bleeding for a short time after insertion. This is common and safe, and can be managed over time and has no permanent effects on the woman's body. For more information you may visit the nearest health facility provider.
- The implant has no permanent effect on your fertility: a woman should be able to get pregnant shortly after the removal of the implant.
- Implants do not cause weakness or permanent damage to your body or your partner's body.
- The implant cannot move or migrate from where it is inserted in your upper arm.
- Implants can be removed at any time by a health provider and must be replaced after 5 years.
- Implants do not provide any protection against sexually transmitted infections, including HIV. Implants can safely be used with condoms for dual protection.



CycleBeads (Standard Days Method)

What: Cycle Beads (Standard Days Method) is about understanding your monthly cycle and being able to judge which days during the month you have relatively high or low risk of getting pregnant.

How it works: With this method, in order to avoid getting pregnant during the fertile days, couples should avoid sex or should use condoms. The twelve white beads represent the eighth to nineteenth days of the menstruation cycle that are considered to be fertile days. Couples should either use condoms or should avoid unprotected sex during this period.

How to use: Through the use of CycleBeads a woman should be able to track her fertility and her menstrual cycle. Every bead in the ring represent a day of the menstrual cycle and one should use it correctly as per the color of the beads. This is a "couple method" as the husband's support is required in order to make this method successful. This method is applicable to women having menstrual cycle of 26-32 days.

Return of fertility: Once you stop using it, a woman gains back her fertility.

Side effects: none.

Key points:

- Both partners must agree to avoid sex or use condoms on fertile days (as many as 12 days in a row, every month).
- Fertile days are harder to predict with a less regular monthly cycle.
- CycleBeads /SDM is for women who have regular monthly periods (cycles between 26 and 32 days). This method does not work for women with cycles shorter than 26 days or longer than 32 days.
- CycleBeads /SDM is used with CycleBeads, a string of colored beads that help users track their cycle to know which days are fertile.
- CycleBeads /SDM Does not cause any side-effects. It is a natural method of family planning. There are no hormones, devices, or medical procedures required.
- CycleBeads /SDM offers no protection against HIV and other STIs.



Lactational Amenorrhea Method / Breastfeeding

What: Lactational Amenorrhea method or breastfeeding method is a way of using your body's natural pregnancy prevention right after the birth of a child. LAM is breastfeeding in a way that prevents pregnancy.

How it works: When a woman breastfeeds regularly, her body prevents the release of the egg or ovum from her ovaries in order to prevent pregnancy.

How to use: This method is considered to be effective if:

- A woman breastfeeds exclusively,
- A child is less than 6 months old, and
- The woman's menses have not returned.

For LAM to work effectively, a woman needs to breastfeed exclusively: fully or nearly fully, both days and nights and feed no other supplementary food or liquids to the baby. If you breastfeed less, your monthly bleeding will start again, which is a signal that your body is no longer preventing pregnancy. LAM will only work in the first 6 months after a birth when the woman's menses have not returned; and the baby is fully breastfed (every day - minimum 6-10 times and on-demand feeding).

Return of Fertility: There might be delay in return of fertility.

Side effects: No other side-effects apart from no monthly bleeding for the first 6 months after a birth.

Key points:

- Breastfeeding can be an effective way to prevent another pregnancy for the first 6 months after the birth of a child.
- For LAM to work, you must breastfeed frequently and exclusively.
- LAM will not work if your period has returned or the child is more than 6 months old.
- LAM can and should be combined with other methods, especially as you near the 6 month limit after a birth.
- LAM does not protect you from sexually transmitted infections, including HIV and can be used with condoms for dual protection.



Female and Male Sterilization

What: Permanent and surgical alterations for either men or women that prevent them from getting pregnant or getting someone pregnant. They are permanent methods for people who do not want more children. They are effective and safe and available at the hospital, private clinics, non-government family planning clinics, and outreach clinics and free of cost.

How it works: For women, a tubal ligation cuts or blocks the fallopian tubes that carry eggs from the ovaries to the womb so that it does not meet the sperm and does not get fertilized. Sexual desire remains the same as it was before the sterilization.



For men, a vasectomy cuts or blocks the vas deferens, the tubes that carry sperm from the testicles to the penis. The men can continue to produce equal amount of ejaculation and the sexual desire remains the same as it was before the sterilization.

How to use: Voluntary surgical contraception can be performed by a trained health provider at any time when a woman is not pregnant, including right after childbirth for women. Both male and female procedures are permanent. No organs are removed from either the man or the woman during the procedure.

Side effects: Some soreness directly after the procedure. Both procedures can be done with local anesthesia and without putting the patient to sleep. If any complications are seen around the surgical areas or for any additional information, you may visit the nearest health facility provider.

Key points:

- Both tubal ligation and vasectomy are permanent methods of contraception and should be decided upon voluntarily by both men and women.
- Vasectomy does not effect a man's ability to become erect or to ejaculate. The man's ejaculation will look, smell, and feel the same as it did before the procedure, but will not contain sperm.
- Male sterilization is effective 3 months after surgery and condoms or any other temporary methods of family planning should be used during that time. The effectiveness of this method can be assured only after testing the semen.
- There are no ill effects on the man's body from not releasing sperm.
- Neither men nor women will have any loss of energy or ability to work from a surgical contraceptive procedure outside of the soreness directly after. Neither procedure makes the patient weaker.
- Women will still have their regular monthly cycle, including monthly bleeding, after a tubal ligation. If a woman was using a hormonal method of family planning that affected her monthly bleeding before the tubal ligation, her monthly bleeding should return to its natural cycle. Sexual desire will remain the same for women.
- Surgical contraception has no hormonal side-effects on either men or women.
- No organs are removed in a surgical contraceptive procedure, either from men or women.