

# **ANNEX B**

## **FAMILY PLANNING FREQUENTLY ASKED QUESTIONS**





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**These fact cards contain information about:**

- Combined oral contraceptive pills (“the pill”)
- IUD
- Injectable contraception
- Implants
- Male condoms
- Female condoms
- Emergency contraception
- Lactational Amenorrhea Method (LAM)
- Standard Days Method (SDM)

### Combined Contraceptive Pills

#### What are combined oral contraceptive pills?

Known as “the pill,” it is a tablet that women take every day to prevent pregnancy.

There is another kind of contraceptive pill, called progestin-only pill or the mini-pill, which are safe for women who are breastfeeding. The way you use this mini-pill is a little bit different, so please ask a health worker for more information.

#### How well does the pill work to prevent pregnancy?

- Because some women do not always use the pill correctly, about 8 women out of 100 women who use the pill may become pregnant over the first year.

#### What does the pill do inside the woman’s body?

- The pill stops the woman from releasing an egg inside her body. If the man’s sperm has no egg to meet, the woman cannot get pregnant.

#### Why do some people like using the pill?

- The pill is safe and works well to prevent pregnancy.
- It can cause lighter, regular monthly bleeding with less cramping.
- It can help create smooth skin.
- A woman can become pregnant again right away after stopping the pill.
- It decreases the risk of cancer in the female private parts.
- A woman can stop taking tablets at any time, without a health worker’s help.



### Why do some people not like using the pill?

- A woman must take the tablets every single day in order for them to work.
- It is sometimes hard to take the tablets in privacy.
- The pill can cause changes in monthly bleeding that are not harmful.
- The pill can sometimes cause headaches, sore breasts, and weight change.
- It is necessary to always have a supply of pills, which can be hard if the facility or pharmacy runs out.

### What else do I need to know?

- Women of any age can take the pill, including adolescents.
- Women that are not married can use the pill.
- Women that have and have not had children can use the pill.
- Pills do not build up in a woman's body. They dissolve each day.
- The pill does not change women's sexual behavior.
- The pill does not make a woman or an adolescent barren.
- The pill does not cause abortions, birth defects, or multiple births.
- It's good to find ways to remember taking the pill like always taking it when you wash, go to bed, or with your supper.
- If you miss taking a pill, it is important to take the pill as soon as you remember and use a backup method like condoms to prevent pregnancy until you begin the next packet of pills.
- The pill does not protect against STIs and HIV.

## IUD

### What is the IUD?

An IUD is a small plastic and copper device that is inserted into the womb to prevent pregnancy for up to 12 years.

### How well does the IUD work to prevent pregnancy?

- Because the IUD rarely comes out or fails, 1 or even no women out of 100 women that use the IUD may become pregnant over the first year.

### How does the IUD work?

- The IUD works by killing the sperm in the man's fluid before they meet the woman's egg.

### Why do some people like using the IUD?

- It is safe and works very well to prevent pregnancy for up to 12 years.
- Once the IUD is inserted, there is nothing more a woman has to do to prevent pregnancy. There is nothing to remember.
- The IUD cannot be seen or felt, so nobody knows that a woman has it.
- A woman can become pregnant as soon as a health provider takes out the IUD.
- Once it is inserted, there are no further costs for the IUD.



### Why do some people not like using the IUD?

- A trained health worker needs to insert and remove the IUD.
- It can cause discomfort to have the IUD put in and taken out.
- Some women experience heavier monthly bleeding with the IUD and may have more cramps and pain, especially in the first 3 to 6 months. This tends to get better over time.

### What else do I need to know?

- Women who have never been pregnant or had children can use the IUD.
- The IUD can be used by women of any age, including adolescents.
- After it is removed, the IUD does not increase the chances of losing a pregnancy when a woman becomes pregnant.
- When the IUD is removed, a woman can get pregnant immediately.
- The IUD will not make a woman barren.
- The IUD does not cause birth defects.
- The IUD does not cause cancer.
- The IUD does not move to the heart or the brain.
- A woman can check to make sure the IUD is still in place by feeling for the string at the mouth of the womb.
- The IUD does not cause discomfort or pain during sex.
- The IUD can be used while breastfeeding.
- A woman can do hard physical work with an IUD.
- The IUD does not protect against HIV or STIs.

## Injectable Contraception

### What is injectable contraception?

Injectable contraception is a shot or a jab that women get to prevent pregnancy. There are several types of injectable contraceptives. This card refers to the injectable that women get every three months, which is sometimes called DMPA or Depo-Provera. There may be other types of injectables in your community. Please talk to a health worker about those to learn more.

### How well do injectables prevent pregnancy?

- Because sometimes women do not remember or are not able to get their injection on time, about 3 women out of 100 women who use the injectable may become pregnant over the first year.

### How do injectables work?

- Injectables work by preventing the release of the egg in the woman. If the man's sperm has no egg to meet, the woman cannot get pregnant.

### Why do some people like using injectables?

- Injectables are safe and work well to prevent pregnancy.
- Almost all health workers can give injectables.
- During the three months, there is nothing more a woman has to do or remember.
- There is no way for others to tell that a woman is using injectables. It is private.

- Monthly bleedings become very light and often stop after a year of use. Monthly bleeding resumes when a woman stops getting injections.
- Injectables can be used while breastfeeding starting 6 weeks after the baby is born.

### Why do some people not like using injectables?

- Monthly bleeding will probably change and sometimes disappear.
- Increased hunger may cause weight gain.
- After stopping injectables, it can take 6-12 months to get pregnant.
- A woman has to remember to go to see a health worker every 3 months to get the injection.

### What else do I need to know?

- Women who have never been pregnant or had children can use injectables.
- Injectables are safe and can be used by women of all ages, including adolescents.
- Injectables will not make a woman or adolescent barren.
- A woman can use injectables if she is not married.
- Injectables can cause women to stop getting their monthly bleeding. This does not cause any harm to the woman. The monthly bleeding does not build up in her system or cause any other problems. It can even help a woman who suffers from anemia. Some women enjoy that they do not have to have monthly bleeding.
- Injectables do not protect against HIV and STIs.

## Implants

### What are implants?

Implants are small flexible rods that are placed under the skin of a woman's upper arm and can prevent pregnancy for 3-5 years, depending on the type.

### How well do implants work?

- Because implants rarely come out or fail, 1 or even no women out of 100 women who use implants may become pregnant over the first year.

### How do implants work to prevent pregnancy?

- Implants prevent the release of the woman's egg. If the man's sperm has no egg to meet, the woman cannot get pregnant.

### Why do some people like using implants?

- Implants are safe and they work very well to prevent pregnancy.
- Implants last 3-5 years.
- Once the implants are in, a woman does not have to do anything else to prevent pregnancy. There is nothing to remember.
- Monthly bleedings become very light and often stop after a year.
- A woman can become pregnant right away after removing the implants.
- Implants can be used while breastfeeding starting 6 weeks after the baby is born.
- Nobody else can tell that a woman is using implants.



### Why do some people not like using implants?

- A woman may experience changes in her monthly bleeding that are not harmful.
- A trained health worker needs to insert and remove the implant.
- Some women with implants sometimes get headaches, weight changes, and nausea.

### What else do I need to know?

- Women of any age can use implants, including adolescents.
- A woman can use an implant even if she has never been pregnant or had children.
- A woman can use an implant if she is not married.
- Implants do not make a woman or adolescent barren.
- Implants do not move to other parts of the body.
- Implants can stop a woman's monthly bleeding, but this is not harmful. Blood does not build up inside the woman.
- Implants do not protect against HIV and STIs.

## Male Condoms

### What is the male condom?

The male condom is a thin covering worn over the standing penis when a couple is having sex.

### How well do male condoms work to prevent pregnancy?

- Because some couples do not correctly use a condom every time they have sex, about 15 women out of 100 women who use condoms may become pregnant over the first year.
- If used correctly every time a person has sex, condoms work very well to protect against most STIs, including HIV.

### How do male condoms work to prevent pregnancy?

- The condom catches the man's semen, which is the whitish liquid that comes out of a man's penis when he releases. That way no sperm can enter the woman and meet the woman's egg.

### Why do some people like using male condoms?

- Condoms are safe and easy to use.
- Condoms do not require a doctor or nurse to give it to you.
- Condoms are usually easy to find and often inexpensive.
- When used correctly every time you have sex, condoms prevent pregnancy and HIV and other STIs.

### Why do some people not like using male condoms?

- Putting on a condom can interrupt the natural sex act.
- Both partners need to agree before a man puts on the condom.
- A supply of condoms must be available before sex occurs.
- If not used correctly, the condom may break or come off during sex.

## What else do I need to know?

- Some people do not use condoms correctly and do not use them every time they have sex. So, it is important to use another method of pregnancy prevention, such as the pill, IUD, or implant, in addition to the condom to prevent pregnancy and STIs.
- Some liquids that are oily like petroleum jelly and cooking oil can destroy the condom. It is safe to use saliva or water-based liquids.
- Condoms should be stored in a cool, dry place — not in a wallet or in a pocket.
- Condoms should only be used once. A new condom must be used each time a couple has sex.
- Do not use a condom if the package is broken or if the condom is dry or sticky or the color has changed.
- Do not open a condom packet with your teeth or sharp instrument because you risk putting a hole in the condom.
- Only use 1 condom at a time.

## How to use the male condom

### Step 1

Put the condom on when the penis is erect, before there is any contact between the penis and your partner's body. Fluid released from the penis during the early stages of an erection can contain sperm and organisms that can cause STIs.

### Step 2

Tear along one side of the foil, being sure not to rip the condom inside. Carefully remove the condom.

### Step 3

Air trapped inside a condom could cause it to break. To avoid this, squeeze the closed end of the condom between your forefinger and thumb and place the condom over the erect penis. Be sure that the roll is on the outside.

### Step 4

While still squeezing the closed end, use your other hand to unroll the condom gently down the full length of the penis. Make sure the condom stays in place during sex; if it rolls up; roll it back into place immediately. If the condom comes off, withdraw the penis and put on a new condom before intercourse continues.

### Step 5

Soon after ejaculation, withdraw the penis while it is still erect by holding the condom firmly in place. Remove the condom only when the penis is fully withdrawn. Keep both the penis and condom clear from contact with your partner's body.

### Step 6

Dispose of the used condom hygienically. Wrap the condom in a tissue and throw it in a pit latrine. (Do not flush it down a toilet).

**NEVER USE A CONDOM MORE THAN ONCE.**

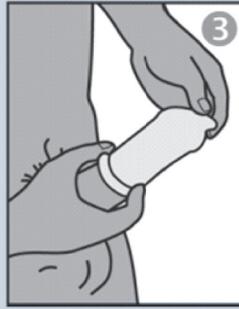
## MODE D'EMPLOI DU PRÉSERVATIF MASCULIN



Use a new condom for each sex act.



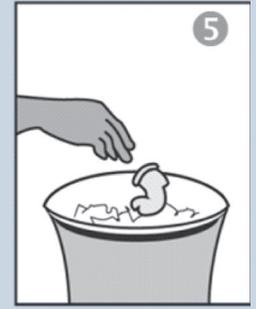
Before any contact, place condom on tip of erect penis with rolled side out.



Unroll condom all the way to base of penis.



After ejaculation, hold rim of condom in place, and withdraw penis while it is still hard.



Use only once. Throw away used condom safely.

## Female Condom

### What is the female condom?

The female condom is a thin lining made of a soft plastic that fits inside a woman's vagina. One end of the condom covers the opening of the womb so that a man's fluid cannot get in. A woman uses the female condom during sex to prevent pregnancy.

### How well does the female condom work?

- Because sometimes women are not able to use a female condom correctly every time they have sex, about 21 women out of 100 women who use the female condom may become pregnant over the first year.
- The female condom also prevents many STIs including HIV when used correctly every time a woman and her partner have sex.

### How does the female condom work?

- The condom catches the man's fluid so that no sperm can enter the woman during sex.

### Why do some people like using female condoms?

- It is safe.
- When it is used consistently and correctly it can prevent pregnancy and most STIs, including HIV.
- It can be inserted up to 8 hours before sex so that putting it in does not interrupt sex.
- The female condom can increase the pleasure that men and women feel during sex.
- The female condom can be used without seeing a health worker.

### Why do some people not like using the female condom?

- It costs more than the male condom, though sometimes it may be free or inexpensive.
- The female condom can be a little uncomfortable.
- Even though a woman puts the female condom in, the man has to agree to use it.
- It may take some practice to insert it quickly and easily.

### What else do I need to know?

- Some people do not use condoms correctly every time they have sex and should use another method of pregnancy prevention, such as the pill, IUD or implant, in addition to the female condom to prevent pregnancy.
- The female condom cannot get lost in the woman's body.
- Female condoms are used by married and unmarried couples of any age.
- Female condoms do not cause illness in a woman.
- Female condoms and male condoms should not be used at the same time.
- Female condoms should be stored in a cool, dry place.
- Female condoms should only be used once.
- Do not use a condom if the package is broken or if the condom is dry or sticky or the color has changed.
- Always keep a supply of condoms available.

## How to use the female condom

### Step 1

Carefully open the packet by tearing along one side, being sure not to rip the condom inside.

### Step 2

Find the inner ring at the closed end of the condom.

### Step 3

Squeeze the inner ring between the thumb and middle finger.

### Step 4

Guide the inner ring all the way into the vagina with your fingers. The outer ring stays outside the vagina and covers the part around the vaginal opening.

### Step 5

When you have sex, carefully guide the penis into the vagina, holding open the outer ring. If the penis goes outside the ring, the condom will not protect you from pregnancy or STIs.

### Step 6

Before the woman stands up after sex, squeeze and twist the outer ring to keep the semen inside the pouch, and pull the pouch out gently. Do not flush it down the toilet. Only burn it, bury it, or put it in a pit latrine.

## Emergency Contraception

### What is emergency contraception?

Emergency contraception can be used up to 5 days after having unprotected sex in order to prevent pregnancy. There are two methods, IUD insertion or emergency contraceptive pills. Emergency contraceptive (EC) pills are tablets that can be taken up to 5 days after unprotected sex. They are sometimes called the morning after pill.

### How well does emergency contraception work to prevent pregnancy?

- Because the IUD rarely comes out or fails, 1 or even no women out of 100 women that use the IUD may become pregnant over the first year. Because sometimes women do not take emergency contraceptive pills soon enough or sometimes the pills do not work, about 1 or 2 women out of 100 women who use the pill after 1 unprotected sex act may become pregnant.

### How do emergency contraceptive pills work? (See IUD FAQs for any questions on IUDs)

- Emergency contraceptive pills prevent or delay the release of the egg in the woman so that the egg cannot meet the man's sperm. The pill does not work if the woman is already pregnant.

### When should emergency contraceptive pills be used?

- A woman can use emergency contraception up to 5 days after she has unprotected sex, including sex without any contraception or sex where a contraceptive method didn't work right, such as if a condom broke or a woman missed taking her daily pill. Emergency contraception works better the sooner it is taken after having unprotected sex.



### **Why do some people like using emergency contraceptive pills?**

- They can be used after unprotected sex as a second chance to prevent pregnancy.
- They are controlled by the woman and can be used privately.
- They can be kept on hand in case a woman has unprotected sex.

### **Why do some people not like using emergency contraceptive pills?**

- They can cause slight changes in bleeding for 1 or 2 days after taking the pills.
- They can cause the monthly bleeding to start earlier or later than usual.
- They may cause nausea, headaches, or pain in the stomach area in the week after taking the pills.

### **What else do I need to know?**

- Emergency contraceptive pills are safe for all women to use, including adolescents.
- “Morning after” pills do not cause abortion.
- EC does not prevent HIV or STIs.
- EC does not cause birth defects if pregnancy does occur.
- They are not dangerous to the woman’s health.
- EC does not make a woman barren. A woman can become pregnant right away after taking emergency contraceptive pills if she has unprotected sex again.
- Many options can be used as emergency contraceptive pills. Dedicated products, progestin-only pills, and combined oral contraceptive pills all can act as EC.
- EC does not promote sexual risk-taking. A supply should be kept on hand to be available in case of unprotected sex.

## Lactational Amenorrhea Method (LAM)

### What is LAM?

Lactational Amenorrhea Method (LAM) is often called “the exclusive breastfeeding method” of contraception. It is based on the natural effect that breastfeeding has on a woman’s ability to get pregnant.

### How well does LAM work?

Because some women do not use LAM correctly, about 2 women out of 100 women who use LAM for the first 6 months after childbirth may become pregnant.

### How does LAM work?

LAM works by preventing the release of the egg so that it cannot meet the man’s sperm. For LAM to prevent pregnancy, a woman must meet ALL three of these conditions:

1. The monthly bleeding has not returned after giving birth.
2. The baby is only fed breast milk. This means no food or liquids, including water, should be given to the baby. The baby must be breastfed night and day.
3. The baby is less than 6 months old.

When a woman no longer meets ALL these conditions, she should begin using another family planning method immediately because LAM may no longer protect her from pregnancy. A woman can start using some other methods even while continuing to exclusively breastfeed. Talk with a health provider to learn more.

### Why do people like using LAM?

- Breastfeeding does not cost any money.
- Breastfeeding is very healthy for the mother and the baby.
- LAM is a natural family planning method. No hormones, devices, or medical procedures are required.
- LAM is often in accord with traditions.

### Why do people not like using LAM?

- It requires that the mother must only give the baby breast milk night and day, which may not be possible for all mothers.
- The mother cannot be separated from the baby for long hours during the day or night.

### What else do I need to know?

- LAM works very well to prevent pregnancy if the woman has not started her monthly bleeding, is only giving the baby breast milk night and day, and the baby is less than 6 months old.
- Breast milk alone can fully nourish a baby for the first 6 months. No other foods or liquids are needed.
- A woman cannot run out of milk if she is breastfeeding night and day.
- A woman should continue to breastfeed even when she or her baby is sick.
- To continue preventing pregnancy, a woman must start using another family planning method if she starts her monthly bleeding.
- To continue preventing pregnancy, a woman must start using another pregnancy prevention method if she begins feeding her baby other foods or liquids besides breastfeeding.

- To continue preventing pregnancy, a woman must start using another family planning method if the baby is older than 6 months.
- It is important to choose a new method of family planning before any of these things happen so that the woman can continue preventing pregnancy. The woman should continue to breastfeed even when she starts using another method.

## Standard Days Method (SDM)

### What is SDM?

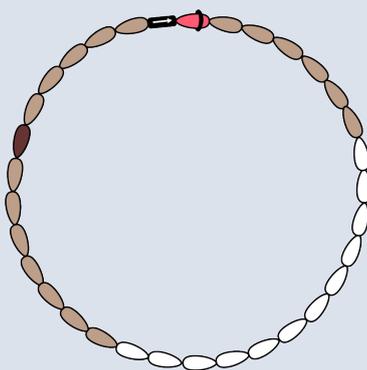
The Standard Days Method is a natural method that works well for women who have cycles that are between 26 and 32 days long. SDM is used together with CycleBeads®, a string of colored beads that represent each day of a woman's menstrual cycle. They can help you know when you are likely to get pregnant if you have unprotected sex, identify whether or not you are fertile, and monitor your cycle length.

- WHITE beads mark the days you are likely to get pregnant.
- BROWN beads mark the days you are not likely to get pregnant.

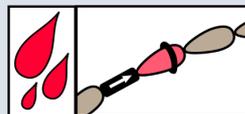
### How well does SDM work?

- Less than 5 out of every 100 women who kept careful track of their cycle days, and did not have unprotected sex on days 8 through 19 of their cycles, became pregnant during the first year of using SDM. Women who did not keep careful track of their cycle days, or who had unprotected sex on days 8 through 19 of their cycles, were much more likely to get pregnant.

#### How to Use CycleBeads



1



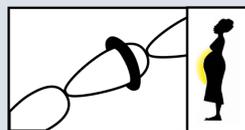
The day you get your period, move the ring to the RED bead.

2



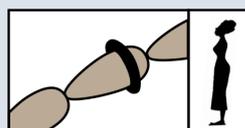
Move the ring one bead each day. Move it even on the days when you have your period. Always move in the direction of the arrow.

3



Abstain or use a condom when the ring is on any WHITE bead if you do not want to become pregnant.

4

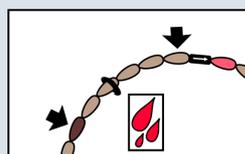


You can have sex when the ring is on any BROWN bead. You are not likely to get pregnant on those days.

5



Move the ring to the RED bead again when your next period starts. Skip over any beads that are left.



To use CycleBeads, your period should start between the DARK BROWN bead and the last BROWN bead.

## Who can use SDM?

- Women who have regular menstrual cycles (between 26 and 32 days long). Women who have more than one cycle outside this range in a year should not use SDM to prevent pregnancy, since the method would be less effective for them.
- Couples who communicate well and agree to use condoms or not have sex when the woman is likely to get pregnant.

## How does SDM work?

- To track fertile days, the woman or her partner moves a rubber ring one bead every day.
- On the day she starts her period, she moves the ring to the red bead and marks that day on her calendar. To prevent pregnancy, she avoids unprotected sex when the ring is on a white bead day.
- On all brown bead days, pregnancy is very unlikely. On the day she starts her next period, she skips over any remaining brown beads, puts the ring on the red bead, and begins a new cycle.
- To monitor her cycle length, the woman knows that if her period starts before moving the ring to the darker brown bead her cycle is shorter than 26 days.
- If she doesn't start her period by the day after moving the ring to the last brown bead, her cycle is longer than 32 days. If she has a cycle shorter than 26 or longer than 32 days more than once in a year, SDM will not be effective for her, and she should use another method.
- If a couple does have unprotected sex during the white bead days, consider using emergency contraceptive pills (EC). EC should only be used as an occasional back up plan, not something to be used regularly.

## SDM and Couples

- SDM helps men become more involved in family planning. SDM is a simple way for couples to share the responsibility of family planning. Both the man and the woman can share responsibility moving the ring each day.
- SDM allows the couple to know when the woman is most likely to get pregnant, so the couple can also use SDM to help get pregnant when they are ready.
- Before starting to use SDM, talk with your partner. Decide together what you will do on the days you are likely to get pregnant.

## Why do people like using SDM?

- It helps you better understand how your body works.
- Couples only have to buy CycleBeads® once.
- SDM allows both partners to be involved in family planning.
- SDM helps keep track of your menstrual cycle over time.
- It is a natural method; there are no side effects from drugs or medications.

## Why do people not like using SDM?

- A woman's cycle may be longer than 32 days or shorter than 26 days.
- The user needs to remember to move the ring every day.
- SDM does not protect against HIV/AIDS or other STIs.



## What else do I need to know?

- What if you forget to move the ring?
  - ✓ Check your calendar for the day you marked as the first day of your period.
  - ✓ Count the number of days that have passed from that day until today.
  - ✓ Starting on the RED bead, move the ring that same number of beads on your CycleBeads.
- Keep checking the length of your cycles.
  - ✓ The length of your cycles may change over time.
  - ✓ If you have more than one cycle in one year that is shorter than 26 days or longer than 32 days, SDM will no longer work for you.
- You may need to wait a while before using SDM.
  - ✓ If you recently had a baby or you are breastfeeding, talk to your healthcare provider before using SDM.
  - ✓ If you recently used another family planning method, you must learn more about your cycles. Talk to your healthcare provider before using SDM.