

### Intrauterine device (IUD)

The copper-coated IUD prevents pregnancy by not allowing the sperm to fertilize the egg. It may also make it harder for a fertilized egg to implant in the uterus. An IUD coated with progestin works in a similar way, but also thickens the cervical mucus and thins the uterine lining, preventing pregnancy from "staying"

### Cervical Mucus method

Starts with daily observation of your cervical mucus. You should check the colour and consistency of the mucus on your underwear, and also check with your fingers and thumb. Cervical mucus is a fluid produced by the cervix. Thin and slippery cervical mucus indicates fertility. This type of discharge makes it easy for sperm to swim to an egg at ovulation.

### Cervical Diaphragm & Caps

Cervical caps are like little cups that sit at the entrance into the uterus, inserted at least 6hrs before sex. Prevents sperm from entering. Contains some spermicides. Cervical diaphragm is like a dome shaped device that fits into the opening of the uterus, keeps sperm from entering into the uterus.

### Tubal Ligation

It is commonly called "getting your tubes tied." Your fallopian tubes are cut, blocked or sealed off to prevent pregnancy. It prevents an egg from moving from the ovaries and down to the uterus through the fallopian tubes. It also blocks sperm from traveling up the fallopian tubes to the egg. The procedure doesn't affect your menstrual cycle.

### The Pill

These are Oral drugs that contain estrogen and progesterone, two hormones combined to prevent pregnancy by preventing the release of egg (ovulation) or blocking conception when sperm fertilizes an egg. They also cause changes in your uterus so that it can't support a pregnancy.

### Emergency contraception/Morning-After Pill

Emergency contraceptive pills work by delaying or preventing ovulation (the release of an egg during the monthly cycle). If fertilization and implantation have already happened, ECPs will not abort/terminate the pregnancy. Usually effective if taken with 72hrs after sex.

### Patches

Contains the hormones, estrogen and progestin. The small patch, worn on the skin, releases hormones into your bloodstream that thicken cervical mucus and suppress ovulation, which prevents pregnancy.

## Some Side Effects/Disadvantages

	FAMILY PLANNING TYPE	SIDE EFFECTS/DISADVANTAGES
1	Withdrawal Method	It is one of the least effective contraceptive methods. It takes a lot of control for the man to pull out before ejaculation and it interrupts sexual pleasure.
2	The Pill	Some women experience side effects such as nausea or mild headaches, when first taking the Pill. The side effects are not dangerous and usually go away after the first few months. Breastfeeding women should delay starting the Pill until the baby is at least 6 months old because the estrogen in the Pill might reduce the amount of breast milk.
3	Injectables	Depending on the type of injection taken, the return to fertility after a woman's last injection is often delayed and may take from 4 to 10 months.
4	Implants	Side effects may include irregular vaginal bleeding and spotting. Some women's monthly bleeding stop altogether.
5	Intrauterine device (IUD)/Copper - T device	Women are likely to experience heavier and longer monthly bleeding, which may be accompanied by increased cramping. For most women these side effects disappear after the first 3 to 6 months of IUD use.
6	Emergency contraception/Morning-After Pill	Some women may have headaches, nausea, or vomiting after taking Morning After Pill, but these go away within several days.
7	Spermicides	Spermicides are one of the least effective contraceptive methods. Do not use it alone if you want a reliable and effective contraceptive method.
8	Tubal ligation ("tube tying"/ "womb turning")	It has no side effects, and complications are extremely rare when the procedure is performed by a well trained health care provider. Sometimes, after surgery, a woman may have some abdominal pain and swelling, which goes away in a few days.

### WHAT TO DO BEFORE CHOOSING A METHOD

- Go to a health center, see a doctor/nurse (your partner can come with you)
- Discuss the options available
- Get adequate information. Ask all questions and seek explanation to concerns
- Talk about any existing health problems and how your choice might affect your health status
- Talk about your intended family size (number of children)
- Decode on a method that is comfortable for you and fits your sexual lifestyle.
- Visit the health center to review choice, with your doctor, if you feel uncomfortable at any point



ALLIANCE FOR HEALTHY AFRICA

# Family planning: The Fun way to have children



More Information

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## What is Family Planning/Birth Control?



It is the use of methods to control how, when and the number of children you have in your life time, based on personal choice while also considering your health status and avoiding risk to your health. Couples can make decision on this together in good faith. It is a choice you make.

## Importance of Family Planning

- For good reproductive health decisions
- Some protect from sexually transmitted infections e.g condom
- To make choice over number of children to have
- Shared decision making between couples
- Ensures well-being of the woman
- Prevents unwanted pregnancies

## Who can do family planning?

- Young, Adolescent girls
- Young women
- Couples
- Single mothers
- Women with children
- Men

## Types

### Natural types

- Abstinence
- Withdrawal method
- Fertility Calculation/Cycle Calendar
- Body temperature method
- Cervical Mucus method
- Lactational Amenorrhea Method (breastfeeding method)



### Artificial/ Non-Natural type

- Condoms
- Vaginal rings
- Cervical Diaphragm & Caps
- Spermicidal cream
- The Pill (Hormone based drugs)
- Emergency contraception/Morning-After Pill
- Implants
- Injectables (Hormone based drugs)
- Intra uterine devices (device put inside the uterus)

### Permanent types

- Tubal ligation ("tube tying"/ "womb turning")
- Vasectomy

### How does it work?

#### Withdrawal (Pull out)

It is when a man removes his penis during sex and releases his ejaculate, which contains sperm, outside the woman's vagina.

#### Vaginal Ring

Vaginal ring works by stopping your ovaries from releasing an egg each month. It also thickens the fluid around the cervix (opening to the uterus or womb). This helps to prevent the sperm from entering.

#### Cycle Calendar method

Using a calendar, write down the number of days in each menstrual cycle — counting from the first day of your period to the first day of your next period, gives your cycle length. Subtract 18 from the total number of days in your shortest cycle, what you get represents the first fertile day of your cycle. For example, if your shortest cycle is 26 days long, subtract 18 from 26 — which equals 8 (first fertile day) Subtract 11 from the total number of days in your longest cycle, what you get represents the last fertile day of your cycle. For example, if your longest cycle is 32 days long, subtract 11 from 32 — which equals 21 (last fertile day) Thus avoid sex or unprotected intercourse between Day 8 to Day 21.

#### Body Temperature method

Your basal body temperature is your temperature when you're fully at rest. Ovulation may cause a slight increase in basal body temperature. You'll be most fertile during the two to three days before your temperature rises and few days after. By tracking your basal body temperature each day, you may be able to predict when you'll ovulate. Can be used together with the Cervical mucus method

#### Implants

The implant is like a thin tube placed underneath the skin. It releases a slow, steady dose of progestin (a hormone) into your body. Progestin prevents ovulation. It also thickens the mucus in your cervix, which makes it hard for sperm to reach an egg (in the rare chance ovulation happens).

#### Spermicidal cream

Spermicides block the cervix and slow sperm down to make it harder for them to swim to an egg. Not a reliable method if used alone. In order to work, the spermicide must be placed deep in the vagina close to the cervix, at least 30mins before sex. Creams, gels, and foams are put into the vagina using an applicator.

#### Vasectomy

A vasectomy is an operation that prevents sperm travelling from the testes to the penis. It is done by cutting the tubes that allow sperm to leave the testes. It blocks sperm from getting to the man's semen when he "releases inside a woman"