Family Planning Choices
Greet the Client

• Greet client with warmth and respect
• Ensure private space
• Explain that the meeting will be confidential
• Invite client to talk and ask questions openly

“I will provide information on all available methods for planning your family”
Welcome
• Do you plan to have more children?
• If yes, when do you want to have your next baby?
• Have you used any family planning method in the past?
• Do you have any particular method in mind?
• Will your spouse, regular/live-in partner and family support your decision?
Ask
Tell Family Planning Methods

Discuss following points about each method to help client take informed decision in selecting FP method of her choice:

• Effectiveness
• Duration of protection
• Where is the method provided
• Benefits and limitations
• Protection against STIs
• Cost and convenience
Family Planning Methods

- Male Condoms
- Female Condoms
- Pills
- Injectables
- IUD
- Male Sterilization
- Female Sterilization
Male condom

- Effective when used correctly EVERY TIME
- Protects from sexually transmitted infections
- Can be used alone or with another method
- Easy to get, easy to use
- Partner needs to agree on use

“Only condoms protect against both pregnancy and STIs/HIV”
Male condom

More effective
Less than 1 pregnancy per 100 women per year

Can be used along with any other method

Less effective
About 30 pregnancies per 100 women per year

Only condoms protect against both pregnancy and STIs/HIV
Female condom

- Effective when used correctly EVERY TIME
- Protects from sexually transmitted infections
- Can be used alone or with another method
- May be expensive
- Not easily available
- Inserted by woman herself
- Needs partner’s co-operation for use

“Only condoms protect against both pregnancy and STIs/HIV”
Female condom

More effective
Less than 1 pregnancy per 100 women per year

Can be used along with any other method

IUD  Female Sterilization  Male sterilization

Injectables  Pills

Less effective
About 30 pregnancies per 100 women per year

Only condoms protect against both pregnancy and STIs/HIV
Combined Oral Contraceptive Pills

• Very effective only if a pill is taken everyday
• No protection against STIs/HIV
• Common side-effects
  - headache, nausea
  - changes in menstrual bleeding patterns: less bleeding or irregular bleeding for first few months

“Only condoms protect against both pregnancy and STIs/HIV”
Pills

More effective
Less than 1 pregnancy per 100 women per year

IUD  Female Sterilization  Male sterilization

Injectables  Pills

Less effective
About 30 pregnancies per 100 women per year

Male Condom  Female Condom

Only condoms protect against both pregnancy and STIs/HIV
Injectable Contraceptives (e.g. DMPA)

- Very effective FP method when taken correctly
- An injection into upper arm every 3 months
- No protection against STIs/HIV
- Takes longer to return to fertility after stopping
- Common side-effects
  - irregular menstrual bleeding, prolonge bleeding or no monthly bleeding
  - weight gain

“Only condoms protect against both pregnancy and STIs/HIV”
Injectable Contraceptives

More effective
Less than 1 pregnancy per 100 women per year

IUD
Female Sterilization
Male sterilization

Pills
Injectables

Male Condom
Female Condom

Less effective
About 30 pregnancies per 100 women per year

Only condoms protect against both pregnancy and STIs/HIV
Copper-bearing IUD (Copper T)

• Very effective and safe
• Long term pregnancy protection - up to 10 years, depending on type of IUD used
• Small device inserted into the uterus by trained provider
  – Once inserted, no further costs and action by user
• Immediate return to fertility on removal
  – Can be removed by trained provider whenever needed
• Common side effects: increased menstrual bleeding or cramps in the first few months
• No protection against STIs/HIV
• Clients at high risk of STIs generally should not use IUD

“Only condoms protect against both pregnancy and STIs/HIV”
More effective
Less than 1 pregnancy per 100 women per year

Male sterilization Female Sterilization IUD

Pills Injectables

Male Condom Female Condom

Less effective
About 30 pregnancies per 100 women per year

Only condoms protect against both pregnancy and STIs/HIV
Male Sterilization (Vasectomy)

• Very effective - becomes fully effective 3 months after procedure
• Permanent method for men
• Safe and simple surgical procedure
• No effect on sexual performance
• No protection against STIs/HIV

“Only condoms protect against both pregnancy and STIs/HIV”
Male Sterilization

More effective
Less than 1 pregnancy per 100 women per year

IUD  Female Sterilization  Male sterilization

Pills  Injectables

Male Condom  Female Condom

Less effective
About 30 pregnancies per 100 women per year

Only condoms protect against both pregnancy and STIs/HIV
Female Sterilization (Tubectomy)

- Very effective
- Permanent method for women
- A safe surgical procedure
  - Uterus is not removed - menstrual periods will continue as before
- No long term side-effects
- No protection against STIs/HIV

“Only condoms protect against both pregnancy and STIs/HIV”
Female Sterilization

More effective
Less than 1 pregnancy per 100 women per year

Male Sterilization
Female sterilization

IUD

Pills

Injectables

Male Condom

Female Condom

Less effective
About 30 pregnancies per 100 women per year

Only condoms protect against both pregnancy and STIs/HIV
Help client select a method

- Encourage client to ask questions
- Clear misconceptions, if any
- Key populations are at higher risk for STIs/HIV, and should use condoms every time they have sex even if using any other method
- People living with HIV can use any of the methods discussed, but should use condoms everytime even if using any other method

“Only condoms protect against both pregnancy and STIs/HIV”
Encourage client to follow provider’s advice

• Inform client that he/she would be referred to a suitable center to get the method selected.

• The provider at the center would further guide on:
  - Client's eligibility for the method based on her medical condition
  - Any specific care to be taken on using the method
  - Requirement of follow-up visit after use

“Only condoms protect against both pregnancy and STIs/HIV”
Follow provider’s advice
Referral

• Inform client about specific location/s where the selected method can be obtained
  - Government Family Planning centers
  - Private Family Planning providers
• Schedule next visit

“Only condoms protect against both pregnancy and STIs/HIV”
This flip book has been developed to disseminate information on family planning methods to Key Population who are at high risk of STIs/HIV.

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Thank You