

















FAMILY PLANNING METHODS

Plan Your Tomorrow Now!

There is a Suitable Method for Everyone	This Method Is Good For	Effectiveness
<p>PILL</p> 	<p>WOMEN WHO:</p> <ul style="list-style-type: none"> ● Are in good health ● Want effective short or long-term child spacing ● Can take a pill every day <p> Use the minipill and are breastfeeding a baby more than 6 weeks old</p>	<p>92-99+%</p>
<p>INJECTABLES</p> 	<p>WOMEN WHO:</p> <ul style="list-style-type: none"> ● Are in good health ● Want long-term child spacing ● Prefer a method that lasts 2 to 3 months <p> Are breastfeeding a baby more than 6 weeks old</p>	<p>99+%</p>
<p>IMPLANT</p> 	<p>WOMEN WHO:</p> <ul style="list-style-type: none"> ● Are in good health ● Want long-term child spacing ● Prefer a method that lasts up to 5 years ● Want a low maintenance method <p> Are breastfeeding a baby more than 6 weeks old</p>	<p>99+%</p>
<p>CONDOM</p> 	<p>MEN WHO:</p> <ul style="list-style-type: none"> ● Can use it every time they have sex ● Do not want children at the moment ● Want protection against sexually transmitted infections, including HIV/AIDS <p>WOMEN WHO:</p> <ul style="list-style-type: none"> ● Can use it every time they have sex ● Do not want to get pregnant at the moment ● Want protection against sexually transmitted infections, including HIV/AIDS <p> Are breastfeeding</p>	<p>86-97%</p>
<p>SPERMICIDES</p> 	<p>WOMEN WHO:</p> <ul style="list-style-type: none"> ● Can use it every time they have sex ● Want short-term child spacing ● Are able to use it correctly and consistently <p> Are breastfeeding</p>	<p>74%</p>

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DIAPHRAGM 	WOMEN WHO: <ul style="list-style-type: none"> ● Can use it every time they have sex ● Are able to use it correctly and consistently ●  Are breastfeeding 	80-94%
IUCD 	WOMEN WHO: <ul style="list-style-type: none"> ● Want long-term birth spacing ● Want a method that lasts up to 10 years ● Want a low maintenance method ●  Are breastfeeding 	99+%
NATURAL FAMILY PLANNING 	WOMEN WHO: <ul style="list-style-type: none"> ● Have close co-operation and full commitment from their partners ● Have regular menstrual periods ● Are able to keep careful daily records of menstrual cycles and body changes ● Can avoid sexual intercourse during fertile days ● Prefer not to use modern contraceptives ●  Are breastfeeding 	80%
TUBAL LIGATION 	WOMEN WHO: <ul style="list-style-type: none"> ● Have completed their family size ● Do not expect to reverse the operation ● Should not have any more children for health reasons 	99+%
VASECTOMY 	MEN WHO: <ul style="list-style-type: none"> ● Have completed their family size ● Do not expect to reverse the operation 	99+%

A family planning service provider can help you decide which method is best for you



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