Combined oral contraceptive pills (COCs)

- Effective and reversible without delay
- Can be used at any age and whether or not a woman has had children.
- Safe and suitable for nearly every woman.
- Serious side-effects are very rare.
- Not safe for breastfeeding women up to 6 months.

Contraceptive Injections



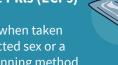
- Effective and safe.
- Can be used at any age and whether or not a woman has had children.
- Spotting and irregular bleeding often occur in the first several months, then often monthly bleeding stops. Side effects include gradual weight gain, and mild headaches. These are not harmful.
- Safe during breastfeeding, beginning 6 weeks after childbirth.

Progestin only pills (POPs)



- Take one pill every day and at the same time for greatest effectiveness.
- If not breastfeeding, spotting and unexpected light bleeding are common. These are not harmful.
- Safe and suitable for nearly all women including those with high BP or migraine headaches.

Emergency Contraceptive Pills (ECPs)



- Help prevent pregnancy when taken within 3 days of unprotected sex or a mistake with a family planning method.
- Safe for all women.

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- They do not disrupt existing pregnancy or harm the baby if a woman is already pregnant.
- Some women may experience nausea or vomiting or a change in time of expected monthly bleeding.
- ECPs should not be used as a regular method of contraception.

Centchroman



- Non-hormonal pill. Good choice for breastfeeding mothers who want to take pills.
- Maybe started immediately after childbirth.
- Effective and reversible without delay.
- Take one pill twice a week for first three months and thereafter once a week.
- Menstrual disturbances like prolonged cycles and scanty bleeding may occur in some women.

Lactational Amenorrhea Method (LAM)



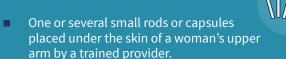
- A natural family planning method based on fully or nearly fully breastfeeding, for up to 6 months after childbirth.
- LAM is effective when the following three conditions are fulfilled:
 - 1. The mother's monthly bleeding has not returned.
 - 2. The baby is fully or nearly fully breastfed and is fed often, day and night.
 - 3. The baby is less than 6 months old.
- Before she can no longer use LAM a woman should plan for another method.

Vasectomy



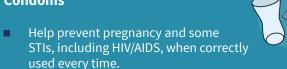
- Permanent method for men who are sure that they do not want more children.
- Think carefully before deciding.
- Use another method for the first 3 months, until the vasectomy is effective. Get a semen analysis done after 3 months.
- Very effective after 3 months (but not 100% effective).
- No effect on sexual performance or desire.

Hormonal Implants



- Very effective for 3 to 7 years, depending on which implant has been inserted.
- Can be used at any age and whether or not a woman has had children.
- A woman can have a trained provider take out the implants at any time. Then she can become pregnant with no delay.
- Unexpected light bleeding or spotting may occur or monthly bleeding may stop. This is not harmful.
- Do not move to other parts of the body.
- Safe during breastfeeding, even immediately after childbirth.

Condoms



- Easy to use with a little practice.
- Effective if correctly used every time.

Intrauterine device (IUD)



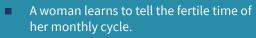
- Copper IUD can be inserted right after childbirth (within 48 hrs), as well as at other times by a trained
- Serious complications are rare. Pelvic infection may occur if a woman has certain sexually transmitted infections such as chlamydia or gonorrhoea when the IUD is inserted.

Tubectomy



- Permanent method for women who are sure that they do not want more children.
- Think carefully before deciding.
- Very effective (but not 100% effective).
- No long-term side effects. No effect on sexual performance or desire.
- Can be done right after childbirth up to 7 days and then any time after 6 weeks, as well as at other times.

Fertility awareness methods





- During the fertile time a couple avoids vaginal sex, or they use another method such as condoms.
- Can be effective if used correctly. Usually only somewhat effective, however.
- Requires partner's cooperation.
- No physical side effects.
- Certain methods may be hard to use during fever or vaginal infection, after childbirth, or while breastfeeding.









There are many choices of contraceptive methods available. Ask your doctor and choose the one that is best suited for you!

Category	COCs	POPs	ECPs	Contraceptive injections	Hormonal implants	Centchroman	Condoms (male, female)	IUD/ systems	Vasectomy	Tubectomy	LAM
Single/unmarried couples	√	√	√	✓	\checkmark	√	√	✓	X	Х	Х
Couples wanting children	√	✓	√	√	√	√	√	√	X	X	Х
Breastfeeding (less than 6 weeks baby)	Х	✓	✓	X	✓	√	✓	✓	X	X	√
Breastfeeding (More than 6 weeks baby)	X	✓	√	✓	✓	√	✓	✓	X	X	√
Breastfeeding (more than 6 months baby)	√	√	√	✓	✓	√	✓	✓	X	X	Х
Couples not wanting any more children	✓	√	√	√	✓	✓	✓	✓	✓	✓	Х

[✓] Preferred Method | **X** Contraindicated Method

COCs: Combined Oral Contraceptives; POPs: Progestin only contraceptives pills; ECPs: Emergency Contraceptive Pills; IUD: Intrauterine device;

- Population Council. The Balanced Counseling Strategy Plus: A Toolkit for Family Planning Service Providers Working in High HIV/STI Prevalence Settings (Third Edition). [Internet] 2015 [cited 2021 Mar 25]. Available from: https://www.popcouncil.org/uploads/pdfs/2015RH_BCS-Plus_ MethodBrochures en.pdf.
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- WHO, Family Planning- A Global Handbook for Providers 2018



