

### 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)



- Good choice for breastfeeding mothers who want pills, immediately after childbirth (MEC 2015).
- 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.
- 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



- One or several small rods or capsules placed under the skin of a woman's upper arm by a trained provider.
- 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



- Help prevent pregnancy and some STIs, including HIV/AIDS, when correctly used every time.
- Easy to use with a little practice.
- Effective if correctly used every time.

### Intrauterine device (IUD)



- A small, flexible device with either copper or hormone, placed inside the womb.
- Copper IUD can be inserted right after childbirth (within 48 hrs), as well as at other times by a trained provider.
- 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



- A woman learns to tell the fertile time of her monthly cycle.
- 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	✓	✓	✓	✓	✓	✓	✓	✓	X	X	X
Couples wanting children	✓	✓	✓	✓	✓	✓	✓	✓	X	X	X
Breastfeeding (less than 6 weeks baby)	X	✓	✓	X	✓	✓	✓	✓	X	X	✓
Breastfeeding (More than 6 weeks baby)	X	✓	✓	✓	✓	✓	✓	✓	X	X	✓
Breastfeeding (more than 6 months baby)	✓	✓	✓	✓	✓	✓	✓	✓	X	X	X
Couples not wanting any more children	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X

✓ Preferred Method | ✗ Contraindicated Method

COCs: Combined Oral Contraceptives; POPs: Progestin only contraceptives pills; ECPs: Emergency Contraceptive Pills; IUD: Intrauterine device;  
LAM: Lactational Amenorrhea Method  
\* Emergency contraceptive pills should not be used as a regular method of contraception

Sources:

- 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](https://www.popcouncil.org/uploads/pdfs/2015RH_BCS-Plus_MethodBrochures_en.pdf).
- The National FP guidelines. Available from: <https://nhm.gov.in/family-planning/guidelines>
- WHO, Family Planning- A Global Handbook for Providers 2018 edition



Kyuki baat samajhdari ki hai

By Pankh. A FOGSI initiative