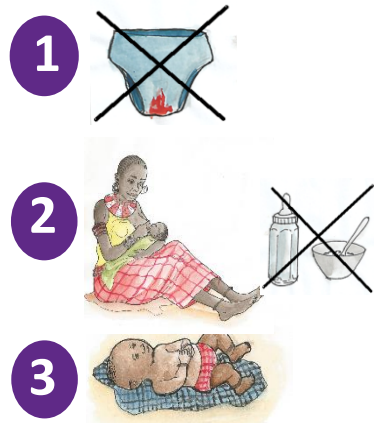


# FAMILY PLANNING METHODS

## Lactational Amenorrhea Method



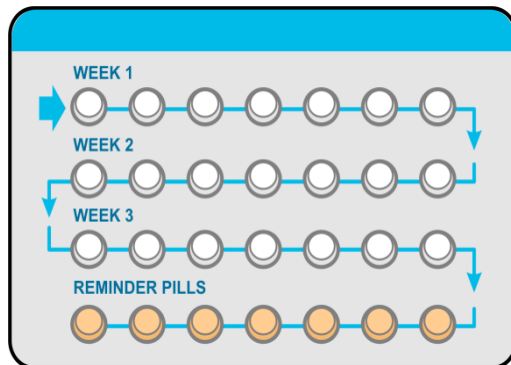
## Male Condom



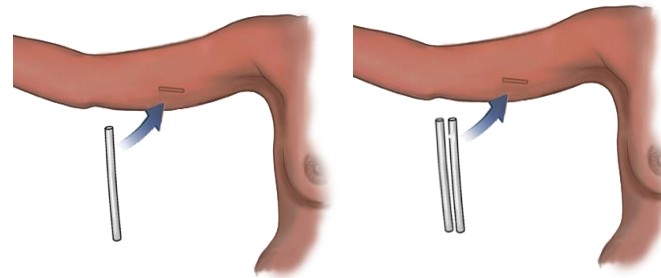
## Female Condom



## Pill



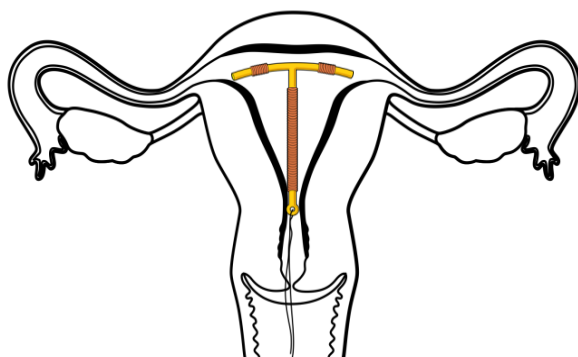
## Implant



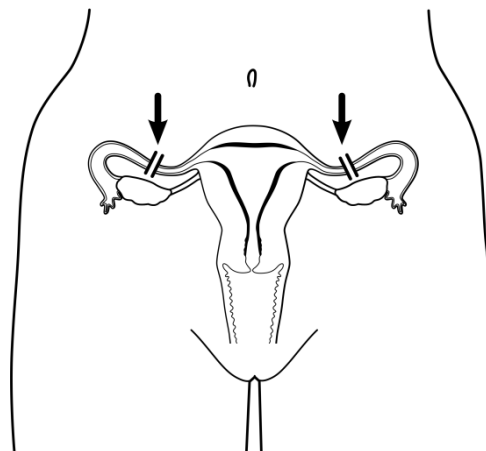
## Injectable



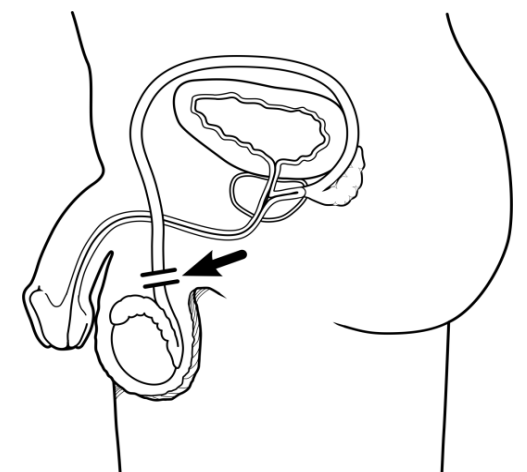
## IUD



## Tubal Ligation



## Vasectomy



# HOW FAMILY PLANNING METHODS WORK

Knowing how family planning methods work on the woman or man's body to prevent pregnancy can help users use methods correctly and consistently

## Lactational Amenorrhea Method



**How it works:** LAM prevents pregnancy in a woman who has just had a baby if she meets the 3 following conditions:

- (1) She has had no menstrual bleeding since the baby's birth
- (2) She exclusively breastfeeds the baby; no other food or liquid is given to the baby
- (3) Her baby is less than 6 months old

**What to expect:** No monthly bleeding while exclusively breastfeeding a baby less than 6 months old.

## Male Condom



**How it works:** Male condoms cover the man's penis during sex and keep sperm from entering the woman's body.

**What to expect:** Important to use a new condom correctly each time a couple has sex.

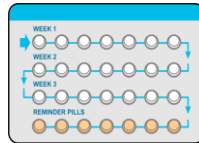
## Female Condom



**How it works:** Female condoms are placed inside the woman's vagina and keep sperm out of her body.

**What to expect:** Important to use a new condom correctly each time a couple has sex. Make sure the man's penis enters inside the condom ring and stays in during sex.

## Pill

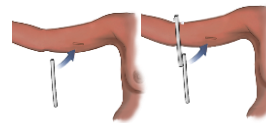


**How it works:** A woman takes a hormonal pill every day. These pills keep a woman from releasing an egg, so even if sperm enter her body, there is no egg to fertilize.

**What to expect:**

- (1) Some cramping at first.
- (2) Sometimes irregular bleeding, which is common and safe
- (3) Some women have stomach upset or mild headaches that go away after a few months.

## Implant



**How it works:** A trained provider inserts a small tube under the skin of a woman's arm. This lasts for 3 to 5 years. Can be removed anytime if a woman wants to get pregnant. It prevents sperm from reaching egg and prevents release of egg.

**What to expect:**

- (1) Irregular bleeding, spotting; this is common and safe
- (2) Some cramping in the first few months of use.

## Injectable

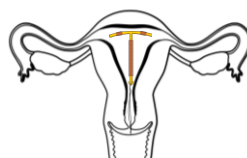


**How it works:** Hormone injections are given either every 2 (NET-EN) or 3 (Depo) months. It prevents the release of egg, so even if sperm enter a woman's body, there is no egg to fertilize.

**What to expect:**

- (1) Irregular bleeding at first, then spotting or no monthly bleeding. This is common and safe
- (2) Possible weight change
- (3) After stopping injections, it can take several months to become pregnant.

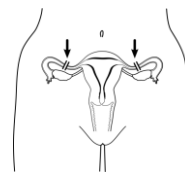
## IUD



**How it works:** The IUD is a small, flexible, plastic "T" placed in the womb. It thins the lining of the womb and thickens a woman's secretions to prevent sperm from entering the uterus.

**What to expect:** Some cramping and heavier bleeding during the woman's period in the first few months of use.

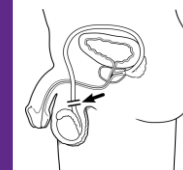
## Tubal Ligation



**How it works:** Fallopian tubes are cut or blocked by a trained provider. The womb is NOT removed. Safe and permanent method for women or couples who do not want more children.

**What to expect:** May have soreness for a few days after operation. Monthly bleeding will continue as usual. A woman will not be able to become pregnant following this surgery.

## Vasectomy



**How it works:** The tubes that carry sperm in a man's body are permanently blocked. Testicles are NOT removed.

**What to expect:** Does not decrease sex drive, erection or ejaculation. A man must use a back-up method for first 3 months after the operation. A man will not be able to father a child after this surgery.