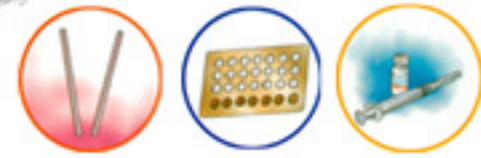




Headache

10



Spotting/Infrequent Bleeding

11



Irregular Periods

12



Nausea/Dizziness

13



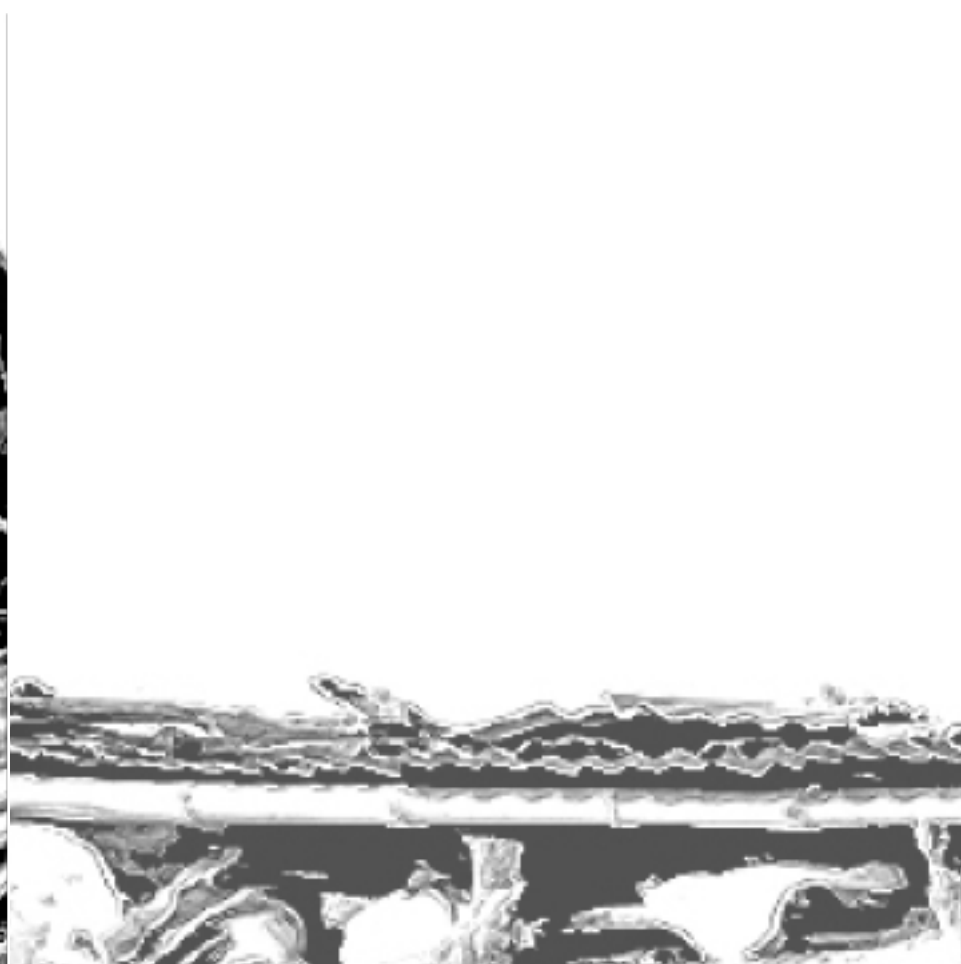
Weight Gain

14



Moodiness

15





No Periods

16



Change in Sex Drive

17



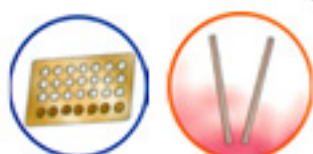
Cramping Pain in
Lower Abdomen

18



Prolonged Bleeding

19



Breast Tenderness

20



Acne/Change in Skin

21





Condoms

Condom is a spacing method for men.
It should be used correctly every time you have sex for it to be effective.
It protects against pregnancy, HIV and STIs.

1



Combined Oral Contraceptive Pills

Pills are a temporary method for women to take every day.

One should start them within 5 days after the start of her monthly bleeding. They can be used any-time by a woman if she is not pregnant as per advice of a service provider.

A woman can get pregnant immediately without any delay after stopping.

2



Depo Provera

Depo is a 3 month injection that is effective for 3 months after each shot.

It can be used 6 weeks after delivery and it is appropriate for breastfeeding mothers.

Nearly all women can use it and one can get pregnant after an average of about 4 months.

3



IUCD

IUCD is effective for 12 years after insertion and it can be removed when desired.

One can get pregnant after removal.

It is safe and effective, as it does not contain any hormones.

This method can be inserted by a health worker within 12 days of the start of the monthly bleeding, or at any time after confirming that the woman is not pregnant.

4



Implant

Implant is a temporary method that is inserted just under the skin of the inner side of a woman's arm by a trained health worker.

A woman's fertility promptly returns after its removal.

It can be used by postpartum and breastfeeding mothers.

5



CycleBeads (Standard Days Method)

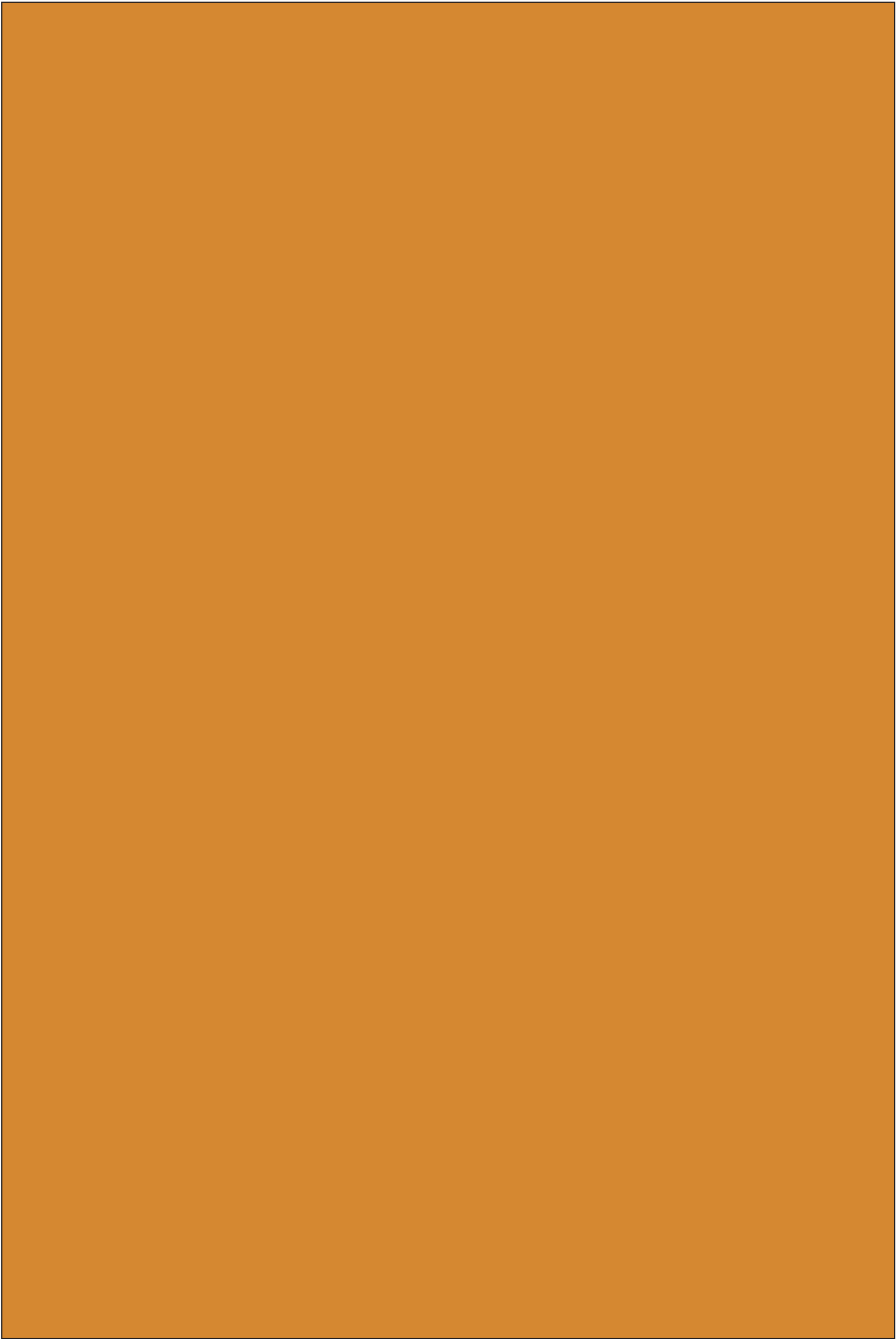
This method is used by daily tracking of fertility and the menstrual cycle.

It lasts as long as unprotected sex is avoided during fertile days.

Return to fertility is immediate after it has been stopped.

It will be effective with the cooperation of a husband.

6





Lactational Amenorrhea Method

LAM is effective only when the following three conditions are met:

- menses have not returned
- baby is fully breastfeeding (10-12 times a day)
- baby is less than 6 months

7



Female Sterilization

It is a permanent method for people who do not want more children. It is a one-time surgery.

A woman can be sterilized anytime 6 weeks or more after childbirth if she is reasonably certain she is not pregnant. Sterilization can be done immediately or within 7 days after birth, if she had made voluntary informed choice in advance.

8



Male Sterilization

It is a permanent method for people who do not want more children.

It is a one-time surgery

Male sterilization is effective beginning 3 months after surgery and condoms or any other temporary methods of family planning should be used during that period.

9

