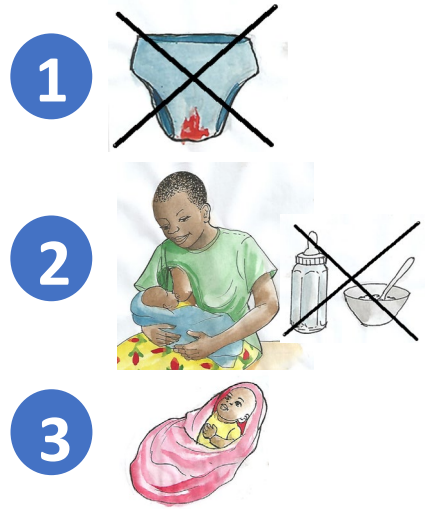
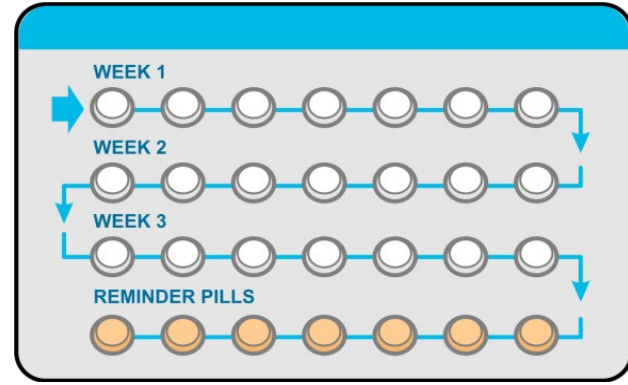


Lactational Amenorrhea Method



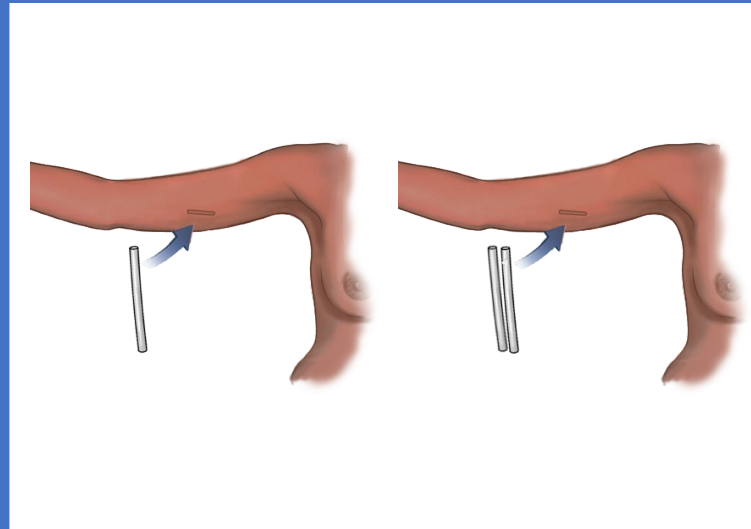
Pill



Injectable



Implant



CycleBeads



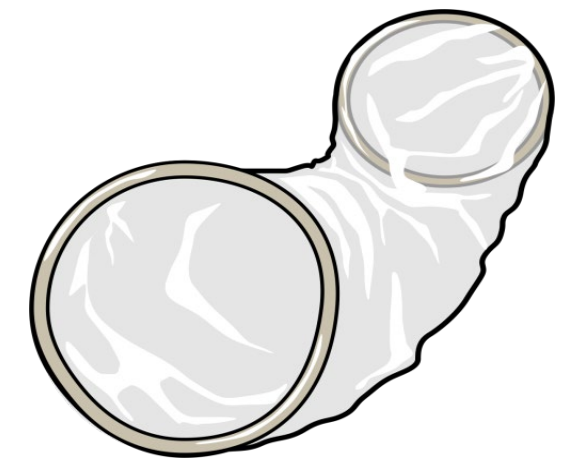
TwoDay Method



Male Condom

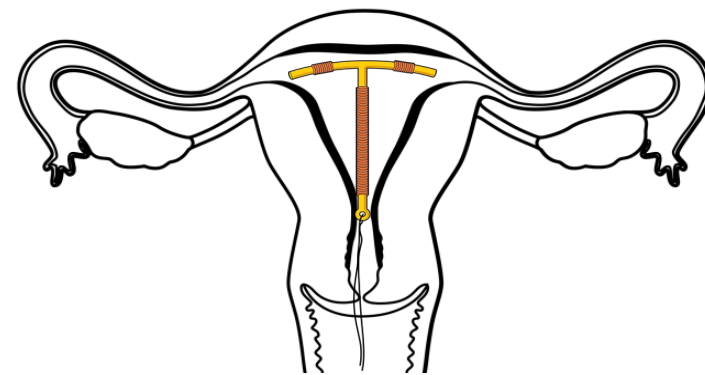


Female Condom

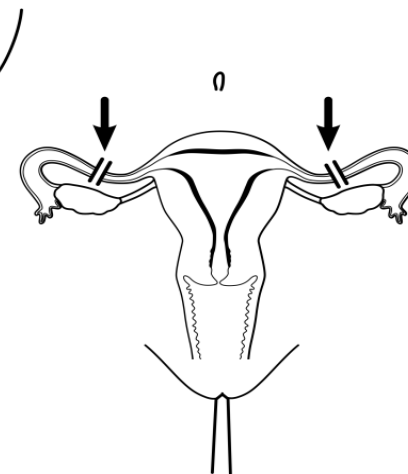


FAMILY PLANNING METHODS

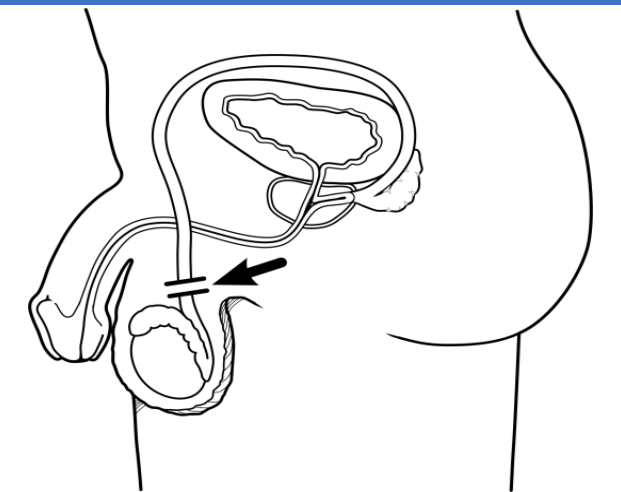
IUD



Tubal Ligation



Vasectomy



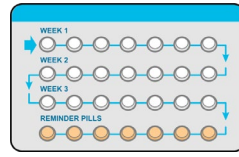
Lactational Amenorrhea Method

- 1 
- 2 
- 3 

How it works: LAM prevents pregnancy if you are breastfeeding and feed your baby often, day and night, and if you meet 3 conditions: (1) You have no menstrual bleeding since your baby was born; (2) You only breastfeed your baby (no other food or liquid is given). (3) Your baby is less than 6 months old.

What to expect: No monthly bleeding while breastfeeding only and less than 6 months since having baby.

Pill



How it works: Pills keep the woman from producing an egg, so even if sperm are in her reproductive system, there is no egg to fertilize.

What to expect:

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

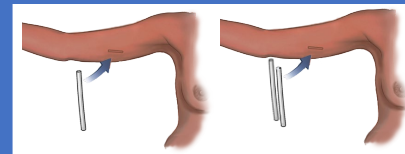
Injectable



How it works: Hormone injection given every 3 months that prevents release of egg. A woman gets an injection every 3 months.

What to expect: (1) Irregular bleeding at first, then spotting or no monthly bleeding. This is common and safe; (2) possible slight weight change; and (3) after stopping injections, it can take several months to become pregnant.

Implant



How it works: Trained provider inserts small tubes under the skin of inner, upper arm. Lasts for 3 to 5 years. Can be removed any time if you want to get pregnant.

What to expect: (1) Irregular bleeding, spotting, heavier bleeding or no monthly bleeding. This is common and safe; or (2) Some cramping in the first few months of use

CycleBeads



How it works: A woman uses the beads to keep track of the days she can get pregnant. To prevent a pregnancy the couple either uses a barrier method (like condoms) or abstains from sex on her fertile days.

What to expect: CycleBeads use has no side effects. Couples must use condoms or abstain from sex on fertile days to avoid a pregnancy.

TwoDay Method



How it works: A woman checks for secretions daily. If she has secretions today or yesterday she is considered fertile today. To prevent a pregnancy the couple either uses a barrier method (like condoms) or abstains from sex on her fertile days.

What to expect: TwoDay Method use has no side effects. Couples must use condoms or abstain from sex on fertile days to avoid a pregnancy.

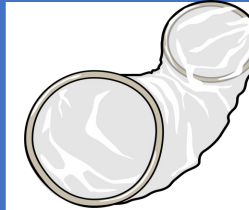
Male Condom



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

What to expect: Important to use a new correctly every time you have sex.

Female Condom



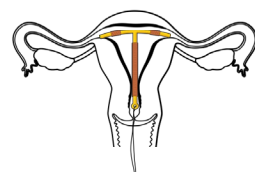
How it works: Female condoms are placed inside the woman's vagina and keep sperm out of her body.

What to expect: Important to use a new condom correctly every time you have sex. Make sure penis enters inside the condom ring and stays in during sex.

HOW FAMILY PLANNING METHODS WORK

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

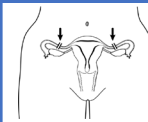
IUD



How it works: The IUD causes a chemical change that destroys the sperm. It also keeps the lining of the uterus from growing.

What to expect: Some cramping and heavier bleeding during monthly bleeding in the first few months of use.

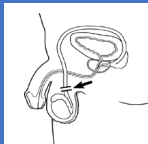
Tubal Ligation



How it works: Safe and permanent method – for women or couples who will not want more children. Fallopian tubes are cut or blocked. The uterus is NOT removed.

What to expect: May have soreness for a few days after operation. Monthly bleeding will continue as usual. Women who experience symptoms other than the above should seek medical care. Woman will never be able to become pregnant following this surgery.

Vasectomy



How it works: Permanent method that blocks the tubes that carry sperm in a man's body (vasectomy). Testicles are NOT removed.

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