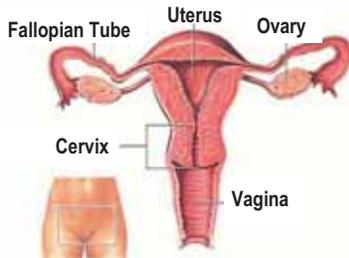


Family Planning Methods

Female Reproductive System



Vagina: where the penis enters during sex and from where the baby exits during birth.

Uterus: a hollow muscle in the shape of a pear where the baby grows during pregnancy.

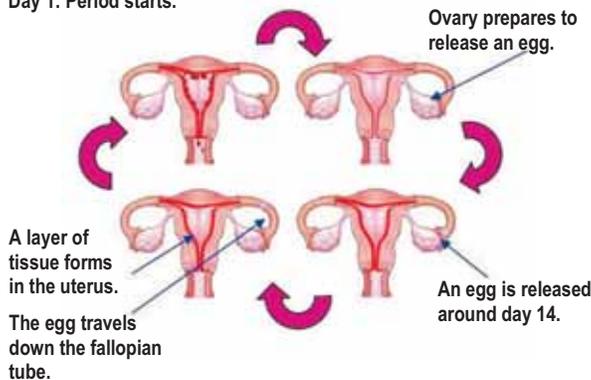
Cervix: the base of the uterus and the part that opens or dilates during childbirth to allow the baby to come out during childbirth.

Ovaries: organs at the sides of the uterus that produce eggs.

Fallopian tubes: connect the ovaries with the uterus and through which the egg travels to the uterus.

Menstrual Cycle

Day 1: Period starts.

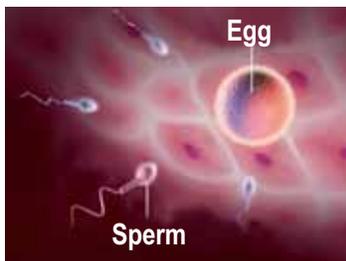


The **menstrual cycle** lasts an average of 28 days (it can last more or less). To know the length of your cycle, count from the first day of your period in one month to the first day of your period the next month.

Hormones are chemical substances in the body that cause different changes to the body, including the following during the menstrual cycle:

- 1) The cycle starts with the bleeding (menstruation) which lasts two to seven days.
- 2) The ovary prepares to release an egg.
- 3) An egg is released from the ovary around day 14, it could be before or after that.
- 4) This egg travels down the fallopian tube toward the uterus.
- 5) At the same time, a layer of tissue forms and thickens on the wall of the uterus.
- 6) If the egg does not join with a sperm, it starts to disintegrate together with the layer of tissue and it leaves the body through the vagina. This is menstruation.

How Pregnancy Happens



When a man ejaculates during sex, the semen with sperm leaves the man's penis and enters the woman's body through the vagina. Some semen may still enter the vagina even if the man ejaculates outside of the vagina.

If an egg has been released by the ovaries (ovulation), it can join with the man's sperm. This is called fertilization. Pregnancy starts when a fertilized egg is implanted in the uterus.

Important: sperm can live inside a woman up to five days. This means that if a woman has not ovulated when she has sex, she could still get pregnant in the next few days.

Abstinence

NOT
Having Sex

Abstinence is not having sex (vaginal, anal or oral). You do not share bodily fluids (semen or vaginal fluids).

Advantages: It's free. • Prevents sexually transmitted infections including HIV. • You can start being abstinent, even if you have been sexually active in the past.

Disadvantages: Must be practiced 100 percent to be completely effective. • May not be realistic for some people. • Your partner must be in agreement.

Effectiveness: Perfect use 100% Typical use ???

The Pill



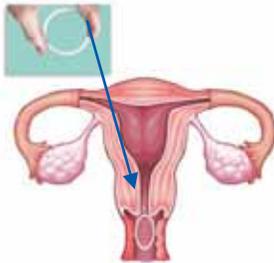
The combined **pill** is the most commonly used and has two hormones (estrogen and progestin). There are also pills with only progestin. You take one pill every day, at the same time of day. You need a prescription.

Advantages: Lighter and more regular periods. • Reduces menstrual cramps. • May reduce risk of ovarian and endometrial cancers.

Disadvantages: Does not prevent sexually transmitted infections. • May cause mood changes. • You have to take it every day.

Effectiveness: Perfect use 99% Typical use 92%

Vaginal Ring



The **vaginal ring** is a soft, flexible, clear ring which is inserted into the vagina where it slowly releases two female hormones (estrogen and progestin) for three weeks. After three weeks, you remove the ring and the fourth week is ring-free. You need a prescription.

Advantages: Only need to remember to use it once a month. • It's discreet.

Disadvantages: Does not prevent sexually transmitted infections. • Need to remember to remove and insert/apply the vaginal ring as directed. • Some women may not feel comfortable putting their fingers or strange objects in their vaginas.

Effectiveness: Perfect use 99% Typical use 92%

The Patch



The **patch** releases two female hormones (estrogen and progestin). Stick one patch to the skin once a week for three weeks. You will not put a patch on for the fourth week. You can use it in four areas of the body: upper back, abdomen, upper outer arm and buttocks. You need a prescription.

Advantages: You put it on once a week. • Comfortable and easy to use.

Disadvantages: Does not prevent sexually transmitted infections. • Must remember to change it every week. • Possible to have skin irritation or an allergic reaction. • Less effective for women who weigh more than 198 lbs (90 kilos). It is recommended that these women also use a condom.

Effectiveness: Perfect use 99% Typical use 92%

Contraceptive Injection



The **contraceptive injection** has the hormone progestin. It must be injected by a healthcare provider.

Advantages: Lasts for three months. • Discreet. • Reduces menstrual cramps.

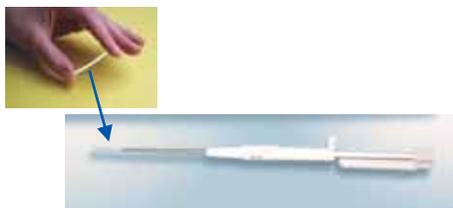
Disadvantages: Does not prevent sexually transmitted infections. • May take a little while to get pregnant after stopping its use. • May cause weight gain. • Need to return to healthcare provider every three months to get next shot. • May cause changes in menstruation.

Effectiveness: Perfect use 99% Typical use 97%

Benefits of Planning Your Family

When planning a family, you decide when to have a baby. You decide when not to have a baby. You decide how many children to have. You follow a plan. **Advantages:** Family planning reduces the chance of unplanned pregnancies. • Allows you time to reduce unhealthy habits so that you are more likely to have a healthy pregnancy and a healthy baby. • Improves the chance you will achieve your goals. • Increases the chances of having a healthy baby when you are ready. **Note:** An unplanned pregnancy can cause a lot of stress on you and your family. Planning your family can make things much easier.

Contraceptive Implant



The **contraceptive implant** releases the hormone progestin. It is inserted under the skin in your upper-arm using local anesthesia. Must be inserted and removed by a healthcare provider.

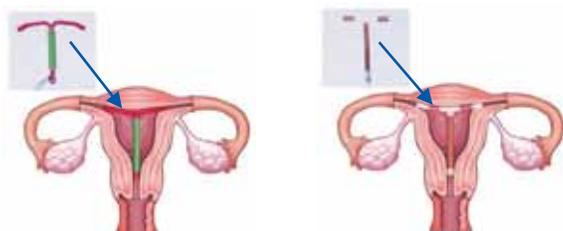
Advantages: Lasts up to three years. • It is discreet. • Easy to use and reduces fear of a possible pregnancy.

Disadvantages: Does not prevent sexually transmitted infections. • May change or stop menstruation or make bleeding more frequent.

Effectiveness: Perfect use 99% Typical use 99%

Intrauterine Contraception (IUC)

You may know this as an intrauterine device (IUD)



Hormonal

Copper

Intrauterine Contraception (IUC) is a small “T-shaped” device that is inserted in the uterus. There are two types: 1) the copper one kills sperm and prevents fertilization; 2) the hormonal one makes cervical mucus thicker and prevents the sperm and egg from joining. It must be inserted and removed by a healthcare provider.

Advantages: Offers protection for many years (the copper one for up to 10 years and the hormonal for up to five years). • Is easy to use and reduces fear of a possible pregnancy.

Disadvantages: Does not prevent sexually transmitted infections. • In the initial months, the copper type may cause cramps and heavier periods. • The hormonal type may change or stop menstruation.

Effectiveness: Perfect use 99% Typical use 99%

Condoms



Male Condom

Female Condom

Condoms work as a barrier to prevent sperm from entering the vagina. There are condoms for men and women. Put the condom on before you start having sex and use a new one each time you have sex. Do not use two condoms at the same time.

Advantages: Correct use may reduce the risk of contracting sexually transmitted infections, including HIV. • Can buy at pharmacies and stores. • The female condom is made of silicon and can be used by people with latex allergies.

Disadvantages: It takes time to feel comfortable. • Need to put them on correctly to be effective. • Need to remove it carefully to avoid semen from spilling out of the condom.

Effectiveness: Male: Perfect use 98% Typical use 85%

Effectiveness: Female: Perfect use 95% Typical use 79%

Spermicides

foam, creams, jellies and suppositories



Spermicides (foam, cream, jellies and suppositories) kill sperm before they reach the egg. Place it in your vagina before sex. Must apply more spermicide before the next sexual act. More effective if a condom is used at the same time.

Advantages: No need to see a healthcare provider. • Can buy at the pharmacy without a prescription.

Disadvantages: Does not prevent sexually transmitted infections. • May increase the risk of contracting HIV by irritating the vagina if used several times a day. • Must use each time you have sex. • Some people may have allergic reactions.

Effectiveness: Perfect use 82% Typical use 71%

Diaphragm



The **diaphragm** is made of latex and covers the opening of the uterus, blocking sperm from entering. It is used with spermicidal cream or jelly. You must leave it inside the vagina for six to eight hours after sex. It can remain in place up to 24 hours after sex. You must see a healthcare provider to obtain the correct size. You should have it refitted after gaining or losing 10 pounds (4.5 kilos) or more, after an abortion or after a pregnancy.

Advantages: Can insert it up to six hours before sex. • Lasts up to two years if not damaged. • It is discreet.

Disadvantages: Does not prevent sexually transmitted infections. • Must learn to insert it and remove it correctly. • Some women may not feel comfortable putting their fingers or strange objects in their vaginas.

Effectiveness: Perfect use 94% Typical use 85%

Cervical Cap



Latex Cap

Silicon Cap

The **cervical cap** is a small cup made of silicon or latex that fits over the cervix and blocks sperm from entering the uterus. It is used with spermicidal cream or jelly. You must leave it inside the vagina for six to eight hours after sex. It can remain in place up to 48 hours after sex. You must see a healthcare provider to obtain the correct size. You should have it refitted after gaining or losing 10 pounds (4.5 kilos) or more, after an abortion or after a pregnancy.

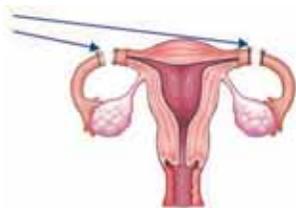
Advantages: Lasts up to two years if not damaged. • The silicon cap is available for people allergic to latex. • It is discreet.

Disadvantages: Does not prevent sexually transmitted infections. • Must learn to insert it and remove it correctly. • Some women may not feel comfortable putting their fingers or strange objects in their vaginas.

Effectiveness: Perfect use 74-91% Typical use 60-80%

Sterilization

Tubal ligation/surgery cuts or seals the fallopian tubes.



Vasectomy/surgery cuts or seals the vas deferens.

Sterilization (surgery) for women (tubal ligation) and for men

(**vasectomy**) are permanent methods for people who do not want any more children. A woman's tubes (fallopian tubes) are cut or sealed to prevent eggs from reaching the uterus. A man's tube (vas deferens) is cut or sealed to block the release of sperm.

Advantages: Women: Effective method without hormones. • No need for hospitalization. • Effective immediately. • Men: Does not affect sexual function. • No need for hospitalization. • Less expensive than women's sterilization.

Disadvantages: Women and Men: Does not prevent sexually transmitted infections. • Not reversible. • Must be sure that you do not want any more children. Men: Not effective immediately. • Need to use back up method during the first 20 ejaculations after the vasectomy.

Effectiveness: Perfect use 99% Typical use 99%

Emergency Contraception



Emergency contraception delays or prevents the release of an egg. There are different brands. It must be taken as soon as possible after having unprotected sex. You have up to five days, although effectiveness decreases with each passing day. You must get a prescription if you are under 17.

Advantages: Very effective (89%) if used correctly. • Can get at a pharmacy without a prescription if you are 17 or older. • May prevent pregnancy in case of: 1) unprotected sex, 2) method failure (like a condom breaking), 3) forced sex.

Disadvantages: Does not prevent sexually transmitted infections. • Not for routine use.