



Counselling about Family Planning

Do not miss the opportunity to enable people to achieve a healthy family



Yes

Do you want a baby soon?

How old is your youngest child?

If the last child is less than 2 years, counsel on healthy spacing consider using family planning

- Wait until your baby is at least 2 years before trying to become pregnant. This will keep you and baby healthy.
- Consider using IUD, implant or sterilization if you do not want to have children again
Having many children is not good for your health
OR

If youngest is more than 2 years

- Advice for healthy pregnancy.
- Eat well stay healthy. Make referral if required

No



Yes

Do you use Copper T or Hormonal IUS, Injectables Intramuscular or subcutaneous, Implants, OCP, Condom, Tubal ligation or Vasectomy?

Do you have any concern with the method you are using?

Counsel:

- Discuss family planning method options if method switch is desirable
- Discuss concerns and solutions and make referral if needed

No



Yes

Are you interested in using Copper T or Hormonal IUS, Injectables Intramuscular or subcutaneous, Implants, OCP, Condom, Tubal ligation or Vasectomy?

Discuss each method option
Provide client's method choice

OR

Refer client to appropriate Family Planning service provider

Tips: Listen carefully and politely. Explain the facts. Ask client if she or he has any questions. Be patient with the client

Note: IUD: Intra-Uterine Device OCP: Oral Contraceptive Pills IUS: Intra-uterine system

Go to the nearest health facility for Family Planning **TODAY**





How to be reasonably sure a client is not pregnant

YES		1. Did you give birth to a baby in the past 6 weeks?	NO
YES		2. Is your baby less than 6 months, and are you exclusively breastfeeding (only your breastmilk and no other animal milk, liquids or food), and you have not had a menstrual period since giving birth?	NO
YES		3. Did you abstain from sexual intercourse since your last menstrual period, delivery, Medical Termination of Pregnancy (MTP) or miscarriage?	NO
YES		4. Did your last menstrual period start within the last 12 days if you are planning to use an Intra Uterine Device (IUD) or Hormonal IUS?	NO
YES		5. Have you had a miscarriage, or Medical Termination of Pregnancy (MTP)?	NO
YES		6. Have you been using IUD, IUS, Implant injectables, Oral Contraceptive Pills (OCPs) or condoms consistently and correctly?	NO

If the client answered **YES** to **any one of the questions** and she is free of signs or symptoms of pregnancy, you can be reasonably sure that she is not pregnant and you can start her on a contraceptive method of her choice



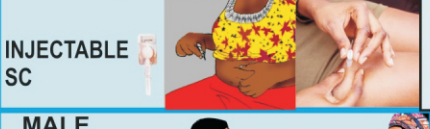



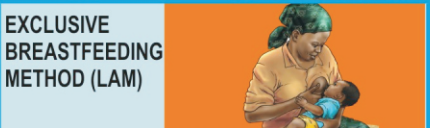

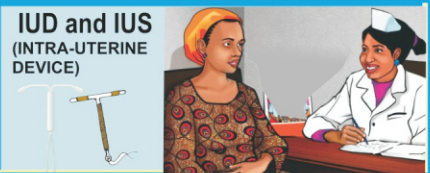
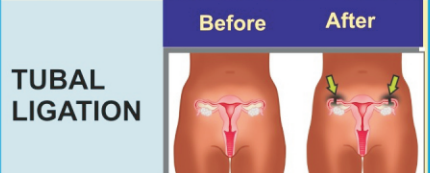
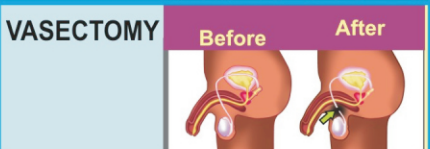
If the client answered **NO** to **any one of the questions** she may be **PREGNANT!**
Do a pregnancy test or ask her to wait until the next menstrual period to be given IUD, injectables or Oral Contraceptive Pills (OCPs). Give her condoms to use in the mean time





What you need to know about

Family Planning/Childbirth Spacing Methods

TIMING	METHOD	THE FACTS
Short Acting Methods	PILL 	<ul style="list-style-type: none"> Effective method that is taken everyday Safe for women of any age, including women who have never had a baby The pill is safe for breastfeeding mothers with a baby more than 6 weeks old
	INJECTABLE IM 	<ul style="list-style-type: none"> Effective method that lasts 2 to 3 months Safe for women of any age, including women who have never had a baby Safe for breastfeeding mothers with baby more than 6 weeks old
	INJECTABLE SC 	<ul style="list-style-type: none"> Effective and lasts for 3 months Safe for all women Can be used by client herself after she has been shown how to by service provider
	MALE CONDOM 	<ul style="list-style-type: none"> Effective method that is used at the time of sex If used correctly and every time it: <ul style="list-style-type: none"> Prevents pregnancy Prevents Sexually Transmitted Infections (STIs), including HIV/AIDS
	FEMALE CONDOM 	<ul style="list-style-type: none"> Effective method that is used at the time of sex Used correctly and every time it: <ul style="list-style-type: none"> Prevents pregnancy Prevents Sexually Transmitted Infections (STIs), including HIV/AIDS Safe for breastfeeding mothers
	CYCLE BEADS 	<ul style="list-style-type: none"> The woman's cycle length must be between 26-32 days The woman must be ready to move the rubber ring from bead every day The couples/partner must be ready to use a back-up method e.g condom during "unsafe" days or abstain from sex
	EXCLUSIVE BREASTFEEDING METHOD (LAM) 	<ul style="list-style-type: none"> Effective Post partum method when all these 3 criteria are met <ul style="list-style-type: none"> * Baby feeds exclusively on breast milk day and night * Baby is less than 6 months old * Mother's menstrual period has not returned
Long Acting Methods	IMPLANT 	<ul style="list-style-type: none"> Effective method that lasts 3 to 5 years Safe for women of any age, including women who have never had a baby Safe for breastfeeding mothers with baby more than 6 weeks old
	IUD and IUS (INTRA-UTERINE DEVICE) 	<ul style="list-style-type: none"> Effective method that lasts 3 to 10 years Can use within 48 hours of childbirth Safe for breastfeeding mothers
Permanent Methods	TUBAL LIGATION 	<ul style="list-style-type: none"> Effective permanent method for women who do not wish to get pregnant again
	VASECTOMY 	<ul style="list-style-type: none"> Effective permanent method for men who do not want their partner to get pregnant again



Provider Initiated Discussion Card



Use Hormonal IUS or Copper-T to prevent pregnancy for 5 to 10 years.

Copper-T or Hormonal IUS can be inserted anytime if you are not pregnant. It can also be inserted immediately after delivery or miscarriage. It is safe for almost all women. You can bring IUD or IUS along with you and get it inserted



Use Injectables to prevent pregnancy.



IM: Use injectable IM every two to three months to prevent pregnancy,
SC: Use injectable SC every three months to prevent pregnancy. You can also use injectable SC by yourself after you have trained.

Injectables can be started any time if you are not pregnant. It is safe for breastfeeding baby mothers. Almost all women can use injectables



Use Implant to prevent pregnancy from 3 or 5 years

- Effective method lasts from 3 to 5 years
- Safe for all women
- Safe for breastfeeding mothers with baby more than 6 weeks old



Use Contraceptive Pills to prevent pregnancy



To prevent pregnancy take contraceptive pill every night even if you did not have sex that day. You can start taking pills any day if you are sure that you are not pregnant
It is safe for almost all women



To prevent pregnancy use condom.



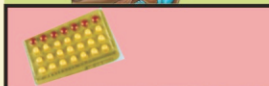
To prevent pregnancy use a new condom correctly with every sex act. Along with unplanned pregnancies, condoms protect from sexually transmitted infections and HIV/AIDS



To prevent pregnancy after childbirth use Lactation Amenorrhea Method (LAM).



To prevent pregnancy after delivery, a breastfeeding mother can use LAM. This method is effective only if mother is exclusively breast feeding night and day, if the menstrual periods have not returned and if the baby is less than 6 months



To prevent pregnancy after unprotected sex use Emergency Contraceptive Pill (EC)



Emergency Contraceptive Pill is taken immediately after an unprotected sex within 3 days (72 hours). It is safe for all women but it should not be used as a regular pill. After taking EC pill always use another modern contraceptive method



Use Tubal ligation to prevent pregnancy for the rest of your life



Tubal ligation can be done anytime if you are not pregnant. It can be done immediately after delivery or abortion. Both Minito and Loproscopic ligation procedures take 30 minutes. Most women go home the same day.



Use Vasectomy to prevent pregnancy for the rest of your life



Vasectomy can be done anytime. Three months after sterilization you can have sex without using another contraceptive method. Male sterilization does not require any incision or stitch and is completed in 10-20 minutes. After sterilization men can go home the same day.

Go to the nearest health facility for Family Planning **TODAY**





Frequently Asked Questions on Family Planning

What is Family Planning?

- Family Planning refers to a conscious effort by a couple to limit or space the number of children they want to have through the use of Family Planning methods.
- Family Planning services are being used in other communities, LGAs, States and Countries.
- There is a suitable Family Planning method for each individual.
- Family Planning Services:
 - + are very safe
 - + are very effective
 - + can be trusted
 - + are affordable



Where can I get Family Planning Services?

- You can get quality, effective and safe Family Planning Services wherever you see the Green dot logo.
- All health facilities that have Green dot logo have trained Family Planning services providers who:
 - + are friendly
 - + can be trusted
 - + are ready to provide all information about Family Planning methods
 - + will clear all doubts and fears about any of the Family Planning methods
 - + will help you to manage any side effects and provide you another method
 - + will re-assure you that once a woman has stopped a Family Planning method, she can get pregnant again if she want to.



What can I do to encourage the use of Family Planning method?

- Discuss with your spouse and jointly take decision on modern Family Planning method to use to delay the next birth.
- Keep strictly to instructions of Family Planning method of choice to avoid failure.



What are the benefits of Family Planning Methods?

Family Planning methods:

- Prevent unintended pregnancy
- Give mothers time to rest between pregnancies
- Enable a family to live a more healthy and happier life
- Help a family to manage its resources effectively



Question: Who can use Family Planning?

- Married couple
- Sexually active unmarried young people
- Sexually active adults
- Everybody

Answer: a, b, c

Modern Family Planning Methods: **Safe and Trusted**

For further Enquiries, contact: