



Find out the **health benefits** of modern contraception **for you and your family**



! SPACING YOUR CHILDREN IS THE BEST WAY TO ENSURE A HEALTHY BABY, MOTHER AND FAMILY. This spacing allows mothers to recover from birth, parents to have enough money and time for their children. **To space your children, use modern family planning and wait at least 2 years after giving birth before trying to get pregnant again.**

! YOU CAN GET PREGNANT DURING MENSTRUATION. If you are using a natural family planning (standard days method) you must carefully track your cycle and not assume that you cannot get pregnant.

! CONDOMS ARE THE ONLY FAMILY PLANNING METHOD THAT PREVENTS BOTH PREGNANCY AND SEXUALLY TRANSMITTED DISEASES, INCLUDING HIV. Nothing can pass through a condom as long as it is not ripped.

! CONTRACEPTIVES DO NOT CAUSE INFERTILITY. You may find it takes a few months for your body to return to a state where you can become pregnant again. This is only temporary and not permanent. Fertility returns for a healthy women no matter how long she has taken a hormonal family planning method.

! THE IUD IS A HIGHLY AND EFFECTIVE METHOD THAT CAN PREVENT PREGNANCY FOR UP TO 5 YEARS FOR THE IUS AND UP TO 10 YEARS FOR THE COPPER IUD. When inserted correctly by a trained person, it stays in place. It can never pass from the uterus to the other parts of the body.

! MODERN CONTRACEPTIVES ARE WELL TOLERATED AND HIGHLY RELIABLE. They may even protect you from some forms of cancer, such as those of the ovary and the uterus.

Implants may protect against pelvic inflammatory disease. Only women over the age of 40 who smoke may be advised to avoid the combine oral contraceptive pill.

! THE PILL WILL NOT CAUSE BIRTH DEFECTS or harm the fetus if you become pregnant while taking the pill or accidentally start to take it when you are already pregnant.

! INJECTABLES ARE A HIGHLY EFFECTIVE SHORT-TERM METHOD THAT REQUIRES A SHOT ONCE A MONTH OR EVERY 3 MONTHS. You may experience irregular bleeding, heavy bleeding, or prolonged bleeding for a very short time. A few women sometime have headaches, dizziness, breast tenderness, and weight gain. These are not signs of illness. These problems almost always go away within the first few months of using the injectable.

! THE PILL MUST BE TAKEN CONSISTENTLY EACH DAY IN ORDER TO PREVENT PREGNANCY. You cannot take the pill after having sex and be sure you are protected. If you miss a day or start your pack five days after the start of your menstrual period, then you must be sure to use a backup method for at least the next seven days. There are Emergency Contraceptive pills. These are stronger than your daily pill and should be used rarely and only during emergencies.

! BREASTFEEDING PREVENTS PREGNANCY UP TO SIX MONTHS after the child is born if used exclusively and no other foods and menstrual periods have not resumed. Women can also use progestin-only pills during breast-feeding.

Talk to a healthcare provider you trust to find out which family planning method is best for you.



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