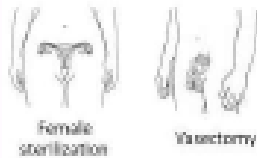


## Family Planning Methods

Most effective in preventing pregnancy and easiest to use

Fewer side-effects, *permanent!*



Reversible

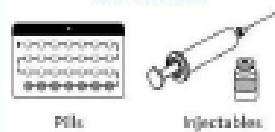


Very effective in preventing pregnancy, but must be carefully used

Fewer side-effects:  
Breastfeeding method (LAM)



Some side-effects—most are normal:



Effective in preventing pregnancy, but must be carefully used

Fewer side-effects:



**IMPORTANT!**  
Only condoms protect against both pregnancy and STIs/HIV/AIDS

### Managing Common Side Effects

Usually, reassurance is enough. Side effects are not dangerous. They often stop on their own.

- **No monthly bleeding:** Reassure. No need to treat. Not a sign of pregnancy if using method correctly
- **Minor headaches, tender breasts:** Try common pain relievers. (If migraine headache, refer)
- **Irregular or heavy bleeding:** For modest short-term relief, try a NSAID such as Ibuprofen 800mg 3 times a day for 5 days. Do not skip COCs or POPs
- **Upset stomach with COCs or POPs:** Take pills at bedtime or with food.
- **Weight gain or loss:** Review diet, reassure and counsel

### How to address Common FP Myths and Misconceptions

- Always listen politely. Do not ridicule the client.
- Check whether there is some basis for the rumour.
- Explain the facts. Repeat as necessary
- Always tell the truth. Never try to hide side effects or problems that might occur with various FP methods
- Use scientific facts about FP methods to counteract misinformation.
- Clarify information with use of demonstration and visual aids
- Give examples of people who are satisfied users of the method
- Counsel the client about all available FP methods



# PROVIDER-INITIATED FAMILY PLANNING



Initiating the FP discussion →

- DO YOU HAVE CHILDREN? (HOW MANY?)
- HOW OLD IS YOUR LAST CHILD?

**Healthy Timing & Spacing**

- For the health of the mother and baby, wait at least 24 months before trying to become pregnant
- Having more than 4 children makes childbirth riskier.
- Consider using a FP method during this time

**WOULD YOU LIKE TO HAVE A CHILD DURING THE NEXT ONE YEAR?**

← YES

↓ NO

**Probing for Satisfaction**

- Is the client happy with the current method?
- Is she having any side effects with the method (see back )
- Refer to FP clinic if unable to address concerns

**ARE YOU (OR YOUR PARTNER) USING ANY FP METHOD?**

← YES

↓ NO

- Probe for Concerns, Myths and misconceptions (see back)
- Inform of benefits of abstinence, benefits of FP, STI/RTI/HIV prevention

**INFORM ON BENEFITS OF FP**

- Mothers and babies are healthier when risky pregnancies are avoided.
- Smaller families mean more money, food for each child and quality family time
- Delaying first or second pregnancy allows young people stay in school.

**DO YOU WANT TO USE A FAMILY PLANNING METHOD?**

← NO

↓ YES

Explain and offer FP method (see back)

Refer for FP service (for methods not offered at your department)