



FAMILY PLANNING METHODS

BROCHURE FOR ASHA

Key FP Messages:

- ◉ Women should preferably plan their pregnancy only after attaining 21 years of age.
- ◉ The couples should try to maintain a gap of at least 3 years between childbirths so that the mother and children are healthy.
- ◉ Couple should wait at least 6 months after abortion before they plan next pregnancy.
- ◉ The couples should strive to have small families to enable them to properly bring up their children.
- ◉ The couples can choose from different contraceptive methods available under the National Family Planning Program.
- ◉ All the contraceptive services are available free of cost in public health facilities.

Probability of conception after delivery



Exclusively
Breast Feeding
Women

Women who are
not exclusively
Breast Feeding
(Top feeding/water/
honey/ghutti etc)

Non Breast
Feeding Women

Women who
have had an
abortion




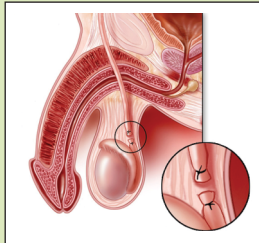
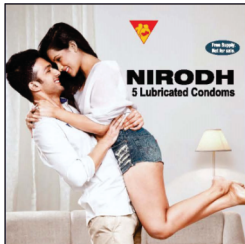
Abortion



As early as
6 months



As early as
6 weeks

As early as
4 weeks

Within
10 days

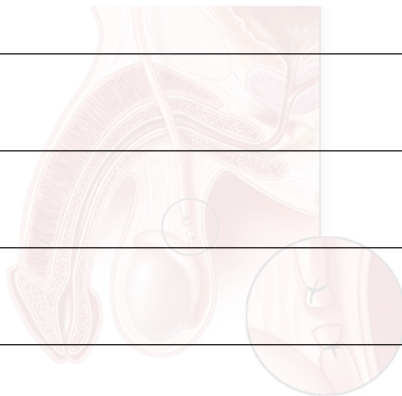
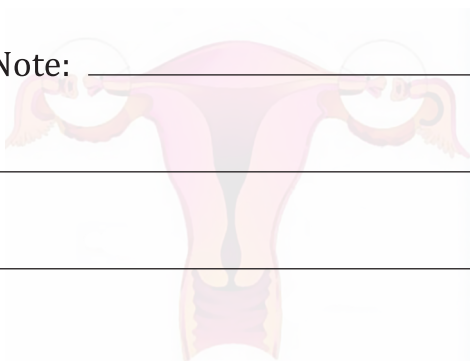
Method	Timings of initiating the method				Key Messages to Follow
	Post Delivery		Post Abortion	Interval (any other time)	
	Breast Feeding Women	Non-Breast Feeding Women			
	✓	✓	✓	✓	<ul style="list-style-type: none">• Permanent method and it is difficult to reverse.• Can be adopted anytime by a woman during her menstrual cycle / within 7 days after-delivery / abortion or after 6 weeks of delivery.• The operation is considered a success when the woman resumes her menstrual cycle or if the pregnancy test is negative after one month of the operation and Sterilization Certificate is issued to the client.• In an unlikely event of failure, complications or death following sterilization, there is a financial coverage under FPIS Scheme.
Female Sterilization					
	✓	✓	✓	✓	<ul style="list-style-type: none">• Permanent Method and it is difficult to reverse.• Can be adopted anytime.• Does not affect masculinity or sexual performance.• Simple method, no cut or stitches required.• The operation is considered a success if the semen test confirms that there are no sperms three months after the operation and Sterilization Certificate is issued to the client.• In an unlikely event of failure, complications or death following sterilization, there is a financial coverage under FPIS Scheme.
Male Sterilization					
	✓	✓	✓	✓	<ul style="list-style-type: none">• Provides protection against HIV/ AIDS in addition to pregnancy .• To be worn on erect penis before each sexual act.• Safe and no side effects.• Fresh condom to be used by a man during each intercourse.• Condom wrapper to be checked for any tear, holes or damage before use. Discard if any damage is found.
Condoms (Nirodh)					

Method	Timings of initiating the method				Key Messages to Follow
	Post Delivery		Post Abortion	Interval (any other time)	
	Breast Feeding Women	Non-Breast Feeding Women			
	✓	✓	✓	✓	<ul style="list-style-type: none">• A long acting reversible method.• Inserted in the uterus by a trained ANM, Nurse or Doctor after examination.• Effective in protecting pregnancy for 10 years (IUCD 380A) and for 5 years (IUCD 375).• May be inserted anytime during menstrual cycle/ within 48 hours of delivery or with C-Section/ within 12 days of completion of abortion.• Immediate return of fertility on removal of the IUCD.• Some women may experience irregular bleeding, pain in abdomen etc. which usually subside in first few months of insertion.
IUCD					
	✓	✓	✓	✓	<ul style="list-style-type: none">• A 3 monthly hormonal injection.• Injection should be taken every 3 months however it can be taken within 15 days before and 4 weeks after the scheduled date, if client is not available on scheduled date.• The first dose of injection to be administered after proper screening by doctor.• Safe for breast feeding mothers also as it does not affect the quality and quantity of breast milk.• Can be started as early as 6 weeks post-delivery/ within 7 days after abortion.• Some women may have menstrual changes which may be light/ heavy/ irregular bleeding. These changes revert to normal once method is discontinued.• The return of fertility may take 7-10 months from the last dose of the injection.
Injectable MPA (Antara Program)					

Method	Timings of initiating the method				Key Messages to Follow
	Post Delivery		Post Abortion	Interval (any other time)	
	Breast Feeding Women	Non-Breast Feeding Women			
	×	✓	✓	✓	<ul style="list-style-type: none">• A safe hormonal pill which needs to be taken daily to avoid the risk of pregnancy.• 28 pills packet containing - 21 contraceptive pills, 7 iron pills.• Can be started within 5 days of menstrual cycle or after 6 months in breastfeeding women.• Pills can be initiated only after examination by Doctor/ANM.• Some women may experience bleeding changes, weight changes, nausea or vomiting which are reversible and not harmful.
Combined Oral Pills (Mala N)					
	✓	✓	✓	✓	<ul style="list-style-type: none">• Does not contain any hormone and free from hormonal side effects.• Can be initiated after examination by the doctor/ANM.• To be taken twice a week for first three months and once a week thereafter.• First pill is to be taken on the first day of period; and the second pill three days later in first three months.• Can be initiated earlier than 4 weeks after delivery (does not affect quality/ quantity of milk)/ within 7 days after abortion.• Few women may have delayed periods which is normal but if periods are overdue beyond 15 days pregnancy is to be ruled out.
Centchroman (Chhaya)					

Contraception	Warning Signs	Key Messages/Actions required
Condom	<ul style="list-style-type: none"> • Condom slips or breaks off during intercourse • Itching and allergy in private parts 	<ul style="list-style-type: none"> • Take ECP, as soon as possible after intercourse or within 72 hours. • Switch to another method.
COC	<ul style="list-style-type: none"> • A: Abdominal/ pelvic pain • C: Chest pain, cough or difficulty in breathing • H: Headache, which is severe or migranous, vertigo or numbness in any limb • E: Eye symptoms - blurring of vision, seeing double or not able to see • S: Severe pain in calves or thighs 	Ask the woman to consult the provider and visit the health facility immediately.
Centchroman	<ul style="list-style-type: none"> • If periods delayed by more than 15 days 	Ask the woman to contact the health care provider for ruling out pregnancy.
IUCD	<ul style="list-style-type: none"> • P: Periods related problems or pregnancy symptoms • A: Abdominal pain or pain during intercourse • I: Infections or unusual vaginal discharge • N: Not feeling well, fever, chills • S: String problems (strings are felt by the partner during vaginal intercourse) 	Ask the woman to consult the health care provider and visit health facility immediately.
Injectable MPA	<ul style="list-style-type: none"> • Irregular /prolonged/heavy bleeding affecting daily life 	Counseling should resolve concerns of the woman; however, if it is felt that the changes are of a serious nature, client should be referred to a higher centre.
Male Sterilization	<ul style="list-style-type: none"> • Excessive pain, fainting, fever, bleeding or pus discharge from the site of incision • Client has not passed urine, not passed flatus and experiences bloating of the abdomen 	Ask the man to consult the provider and visit health facility immediately.
Female Sterilization	<ul style="list-style-type: none"> • Dizziness and Fainting • Persistent or increasing abdominal pain • Bleeding or fluid oozing from the incision • Uterine cramps • Incision discomfort • Light vaginal bleeding • Pain in left shoulder • Unable to pass urine 	Ask the woman to consult the provider and visit health facility immediately.

Note:



LEVONORGESTREL & ETHINYLLOESTRADIOL TABLETS I.P. WITH FERROUS FUMARATE TABLETS I.P.

MALA+N
मला+न

Contraceptive Pills
गर्भ निरोधक-गुलिया

Free Supply - Not for sale.

For Oral use by Women
Oral use by Women
One cycle / pack

CENTCHROMAN TABLETS I.P.
Non-steroidal Oral Contraceptive Pills

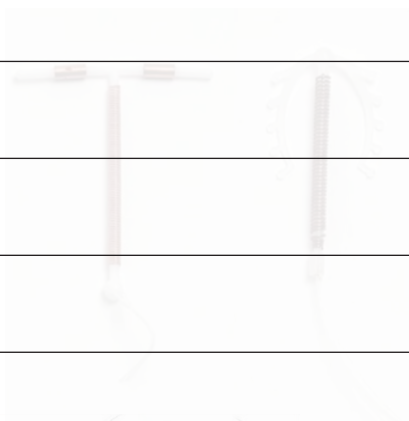
Shiraj

Once a week for first 3 months
*Once a Week after 3 months

Government of India
FREE SUPPLY - Not for Sale

NIRODH
5 Lubricated Condoms

Free Supply - Not for sale.



Medroxyprogesterone Injection I.P.
Contraceptive Injection

Anlara Programme

Sterile Aqueous Suspension 1ml
For Deep Intramuscular Use only

Single Use Only

अंतरा कार्यक्रम



Family Planning Division
Ministry of Health & Family Welfare
Government of India