

Method Preference

What is most important to the client in a family planning method?



Limited or no changes to bleeding



Long-lasting



Quick return to fertility



Discreet

Select method cards with the colour matching the client's preference



Hormonal methods often affect bleeding patterns. These changes are safe, and bleeding often returns to normal after several months, but it depends on the method. The combined pill is the hormonal method with the least bleeding changes; methods with no changes to bleeding include condoms, LAM, and male/female sterilization.



Longer lasting methods are convenient and low-effort for clients. They include male/female sterilization (permanent), IUDs (10 years), implant (3-5 years), and injectable (2-3 months). Remind them that IUDs and implants can be removed at any time if they wish.



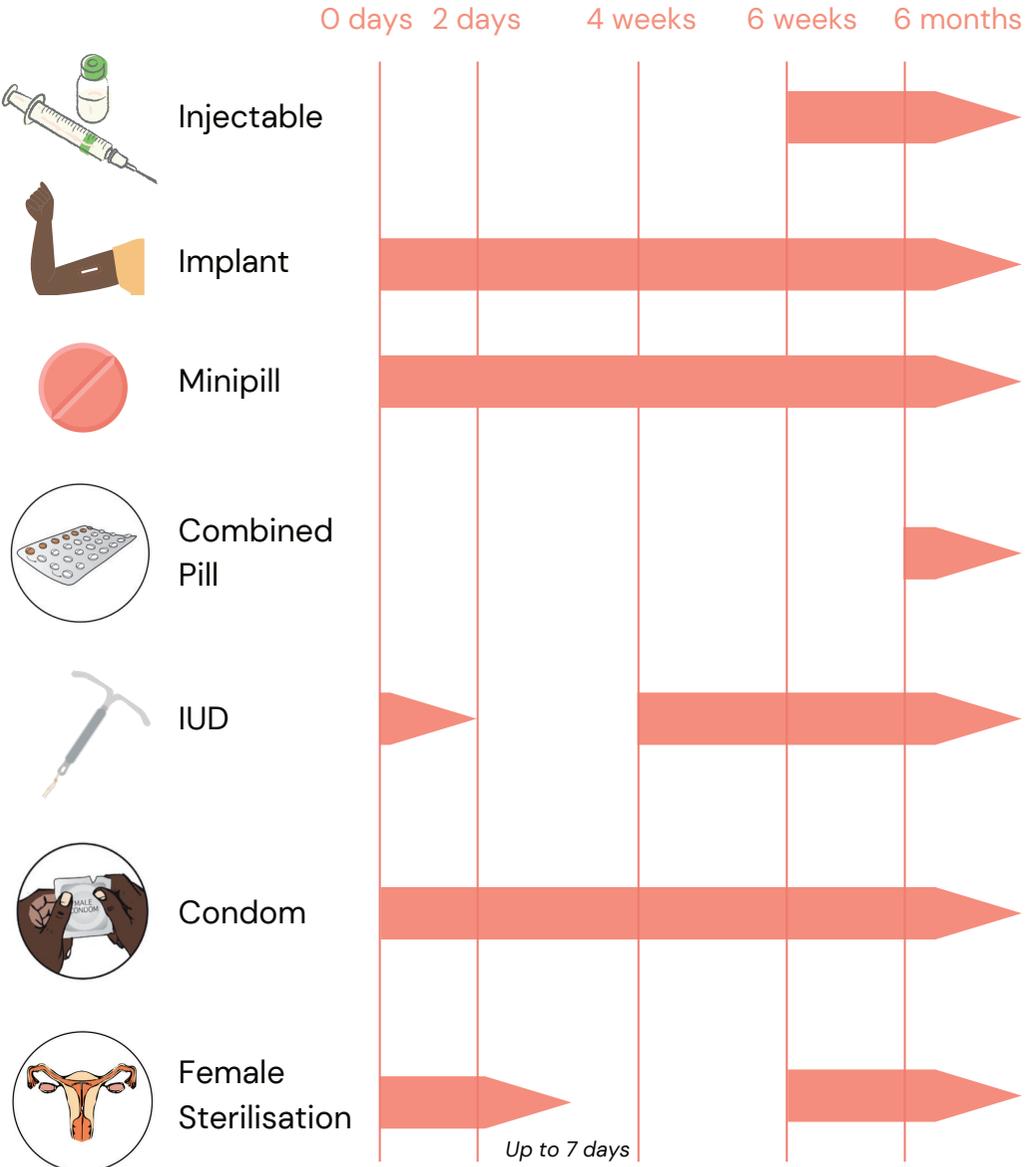
Clients may prefer a quick return to fertility once they stop using a method. Such methods include condoms and LAM (immediate return once stopped), and implant, combined pill, mini-pill, and IUD (fertility typically returns within a month).

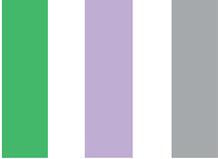


Discreet methods allow women to keep their choice private. Depending on the client's preference, such methods include the injectable, the combined and mini-pill, and the implant (implant is under skin, but may be felt if palpated).

Postpartum Method Safety

Use this guide to ensure methods are safe for the client at her point after birth





Implant

Lasts **3-5 years** depending on the type, but it can be removed at any time.



Long-lasting; Quick return
to fertility; **Discreet**

Implant

Method of use A trained person inserts it into the client's arm.

When can it be used? Any time.

How does it work? The implant releases the hormone progesterone, which prevents ovulation.

Common side effects Most users have changes in monthly bleeding including irregular bleeding, spotting, heavier bleeding or no monthly bleeding. Bleeding changes are safe and regular periods typically return after 6–12 months.

Managing side effects Medications to reduce bleeding changes are available; client should return for assistance if she has issues.

When does fertility return? Once removed, within a month; can be removed at any time. There are no long-term effects on fertility.

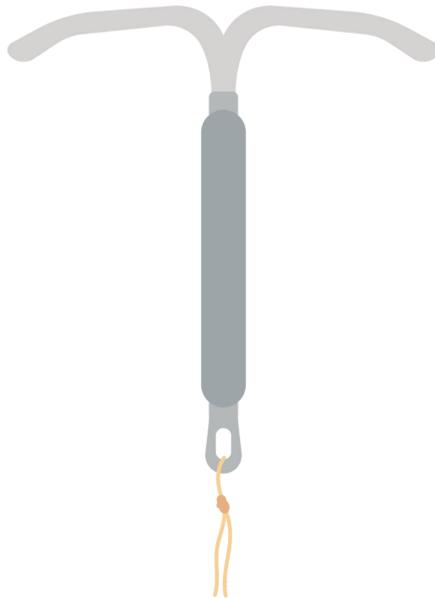


Long-lasting; Quick return to fertility; Discreet



Intrauterine Device (IUD)

Lasts **up to 10 years**, but it can be removed at any time.



Long-lasting; Quick return to fertility

IUD

Method of use A trained provider inserts an IUD into the womb. Thin strings that hang from the cervix into the vagina so that it can be removed.

When can it be put in? Within the first 48 hours after childbirth, or after 4 weeks postpartum.

Common side effects Changes in monthly bleeding including irregular bleeding, spotting, heavier bleeding or no monthly bleeding. Bleeding changes are safe and regular periods typically return after several months.

Managing side effects Medications to reduce bleeding changes are available; client should return for assistance if she has issues.

How does it work? IUDs steadily release copper, which prevents the sperm from meeting the egg.

When does fertility return? Once removed, within a month; can be removed at any time. There are no long-term effects on fertility.

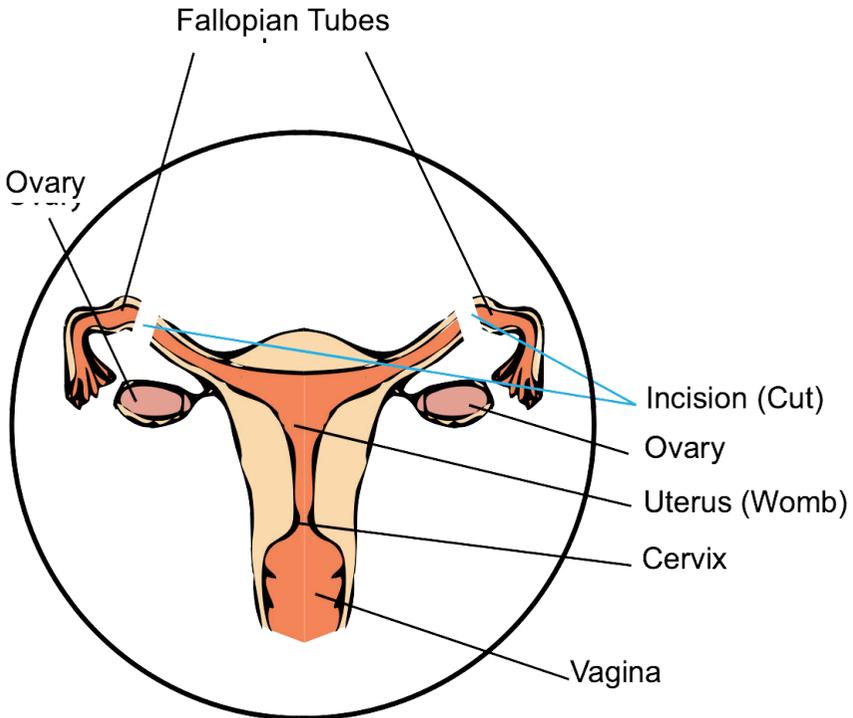


Long-lasting; Quick return to fertility



Female sterilisation

Permanent method for women who do not want more children.



Limited or no changes to bleeding; **Long-lasting**

Female sterilisation

Method of use It's a surgical procedure that happens under a local or general anaesthetic.

When can it be used? Within 7 days of giving birth or after 6 weeks postpartum.

Common side effects After the surgery, the client may feel unwell and a little uncomfortable, and have to rest for a few days, have some slight vaginal bleeding and feel some pain, like period pain. As with any surgery, there's a small risk of complications, such as internal bleeding, infection or damage to other organs

How does it work? The fallopian tubes are blocked by applying clips or rings, or by tying, cutting and removing a small piece of the tube.

When does fertility return? Never. It's essential to confirm that the patient has given their **informed consent**.



Limited or no changes to
bleeding; Long-lasting;

Minipill

A woman can take this pill every day for as long as she likes



Quick return to fertility;
Discreet

Minipill

Method of use The client must take a pill at the same time every day. If she misses a pill, she should take another pill as soon as possible.

When can it be used? Any time.

Common side effects Many users have changes in monthly bleeding including irregular bleeding, spotting, heavier bleeding or no monthly bleeding. Bleeding changes are safe and regular periods typically return in 2–3 months.

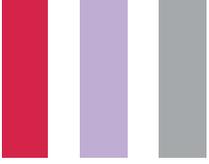
Managing side effects Medications to reduce bleeding changes are available; client should return for assistance if she has issues.

How does it work? It uses progestin, a hormone that thickens the mucus in the neck of the womb, so it's harder for sperm to penetrate into the womb and reach an egg.

When does fertility return? Within a month. There are no long-term effects on fertility.

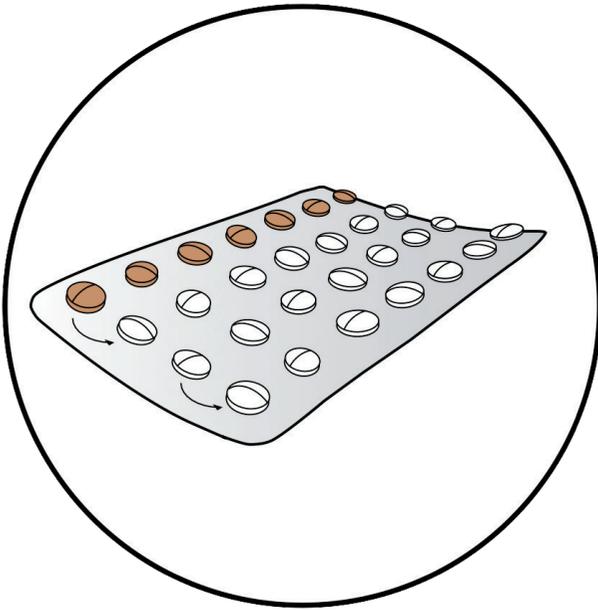


Quick return to fertility;
Discreet



Combined pill

A woman can take this pill every day for as long as she likes



Limited or no changes to bleeding; Quick return to fertility; Discreet

Combined pill

Method of use The client must take a pill at the same time every day. If she misses a pill, she should take another pill as soon as possible.

When can it be used? From 6 months post birth.

Common side effects Many users have irregular bleeding during the first 1-2 months of use, after which most users return to regular cycles. Nausea, headache, breast tenderness, and weight change occur, but are more rare.

Managing side effects Medications to reduce bleeding changes are available; client should return for assistance if she has issues.

How does it work? It uses oestrogen and progestogen to prevent ovulation.

When does fertility return? Within a month. There are no long-term effects on fertility.



Limited or no changes to bleeding; Quick return to fertility; Discreet

Injectable

Lasts 2-3 months



Long-lasting; Discreet

Injectable

Method of use Injection (by client or provider) every 2–3 months, depending on the type

When can it be used? From 6 weeks post birth

Common side effects Most users experience changes in monthly bleeding including irregular bleeding, spotting, or no monthly bleeding (most common). Bleeding changes are safe. After a year, most users have either regular or no periods. Weight gain is also common.

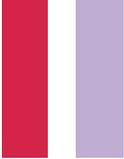
Managing side effects Medications to reduce bleeding changes are available; client should return for assistance if she has issues.

How does it work? It releases the hormone progestogen to prevent ovulation.

When does fertility return? It takes longer than most methods. On average it takes 1–4 months for fertility to return; for some women, it takes one year. There are no long-term effects on fertility.



Long-lasting; Discreet



Condom

Need to be used **every time**
the client has sex



**Limited or no changes to
bleeding;** Quick return to
fertility

Condom

Method of use Before having sex, a man must place a condom over the erect penis. He must wear it for the duration of intercourse and use a new condom for each sex act. If a condom breaks or has a hole, it will not be effective.

When can it be used? Any time.

Common side effects No side effects unless the client is allergic to latex.

How does it work? Condoms are a 'barrier' method of contraception; they stop the sperm from meeting an egg.

When does fertility return? Immediately, as soon as the condom is no longer used.

Condoms are the only method that protects against sexually transmitted infections.

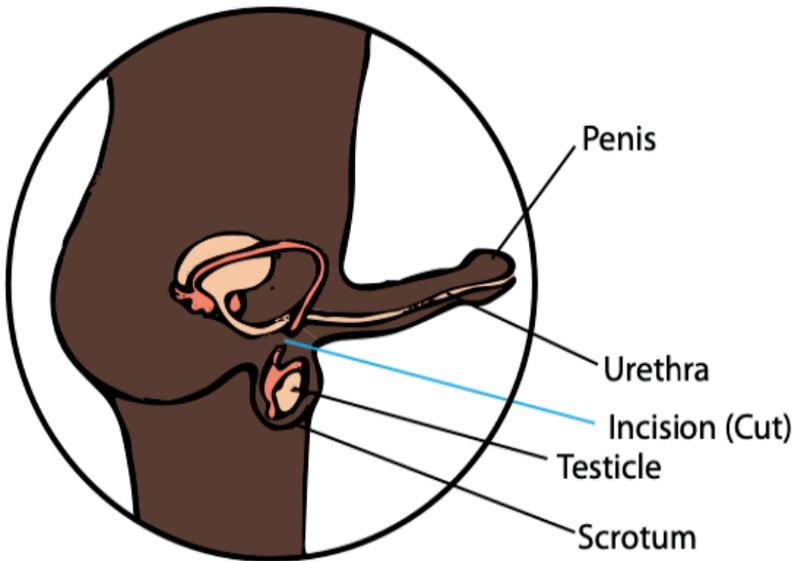


Limited or no changes to bleeding; Quick return to fertility



Male sterilisation/ vasectomy

Permanent method for men who do not want any more children. Effective from 3 months after procedure



Limited or no changes to bleeding; **Long-lasting**

Male sterilisation/ vasectomy

Method of use It's a surgical procedure that happens under a local or general anaesthetic.

When can it be used? Effective from 3 months after the procedure.

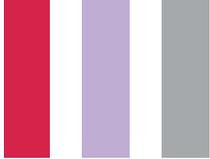
Common side effects None. It does not affect a man's sexual function.

How does it work? It stops sperm from entering the semen. A man will still ejaculate semen, but it cannot cause pregnancy.

When does fertility return? Never. It's essential to confirm that the patient has given their **informed consent**.



Limited or no changes to
bleeding; Long-lasting



Lactational Amenorrhea Method (LAM)

Effective up to 6 months post birth



**Limited or no changes to
bleeding;** Quick return
to fertility; Discreet

Lactational Amenorrhea Method (LAM)

Method of use All of the following criteria:

- Less than 6 months post birth
- No monthly bleeding
- Exclusively breastfeeding: baby receives no food or liquids besides breast milk and feeds occur at least every 4–6 hours day and night

When can it be used? Up to 6 months post birth.

Common side effects None.

How does it work? Hormones produced by lactation prevent ovulation.

When does fertility return? Immediately, as soon as the client stops.

If LAM is chosen, discuss method options for after 6 months post birth.



Limited or no changes to bleeding; Quick return to fertility; Discreet