Family Planning: What and Why? (Key Information)

During your group meetings or one-to-one sessions, consider asking men/women these questions to facilitate the discussion as and when appropriate:

- What do you understand by the term 'family planning'?
- Do you know anyone who got pregnant too early or too late; had their children born too close after one another; or had too many children?
- What do you think are health risks for the mother and baby in each of the above situations?
- What do you think couples can do to plan the pregnancies better?
- Can you think of examples of how family planning can benefit women and children?
- Do you think men can benefit from family planning? If yes, how?

What is Family Planning?

- Family planning is when both the husband and wife together discuss and mutually decide how many children they would like to have and when, so that they can give sufficient love, care, attention and good education to each of their children
- Family planning is achieved through the use of contraceptive methods and the treatment of infertility (inability to have children)
- Planning when and how many children to have is the couple's responsibility, not just the man's or woman's
- Family planning is just as important for newly married couples as it is for those who already have one or more children. It enables young people to delay their first child till they are prepared to take up the responsibilities of raising a child

Five situations to avoid when planning a pregnancy

1. When women are too young (less than 20 years)
2. When women are too old (more than 35 years)
3. When pregnancies are too close together (less than two years difference between two children)
4. When pregnancy is too soon after a miscarriage or an abortion (less than six months)
5. When pregnancies are too many (four or more children)

What should couples do?

Because of the risks associated with age, number of pregnancies or how close these pregnancies are spaced, it is advisable that couples consider these five recommendations:

- Wait until the woman is at least 20 years of age before having the first baby
- Consider avoiding pregnancy if the woman is of 35 years of age or above
- Wait for at least two years before trying for a second pregnancy again after having the first baby
- Wait for at least 6 months before trying to get pregnant again after a miscarriage or an abortion
- Consider limiting the number of children so that each child can be given the required love, care and attention

Benefits of Family Planning

Benefits for a mother are that she:

- Is able to breastfeed longer (this reduces the risk of breast and ovarian cancer)
- Is at a lower risk of dying from complications during pregnancy and childbirth
- Gets more time to take care of the baby
- Gets more time to be physically, emotionally, and financially prepared for her next pregnancy
- Is at a lesser risk of miscarriage, stillbirth (when a woman gives birth to a dead infant), preterm delivery and low birth weight baby
- Has more time for herself, her children, husband, and can participate in educational, economic and social activities

Benefits for children are that they:

- Are more likely to be born strong and healthy
- Get more attention and care from their parents
- May be breastfed for a longer period of time, which allows them to reap the benefits of breastfeeding, including:
  - better nutrition
  - protection from childhood diseases
  - attention from the mother

Benefits for the father are that he:

- May feel an increased sense of satisfaction from safeguarding the health and well-being of his wife and children
- Has more time between births, allowing him time to plan finances before the next child
- Has more time for his wife which will contribute to a better relationship

Benefits for the entire family are that:

- The needs of every family member are met. Everyone in the family is provided with food, clothing, housing, and education

Benefits for family finances are that:

Family planning contributes to financial security because a smaller, well-spaced family:

- Helps families spend less money and build up savings over time
- Makes education for the children more affordable, and better educated children can then take better care of their parents later in life
- Reduces maternal and child illnesses, allowing money that would otherwise be used on their treatments to be used for constructive purposes. Morevoer, if the mother is healthy, she can participate in economic activites

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Different Types of Contraceptive Methods: Key Information

Consider asking participants these questions to facilitate the discussion as appropriate:

- What do you think family planning goals of different individuals and couples could be?
- What factors influence choice of contraceptive method?

Family Planning Goals and Contraceptive Methods

- **Family planning goals** of individuals and couples may vary and can include:
  - Delaying the first pregnancy
  - Spacing between births
  - Limiting family size (not having any more children)
- Contraceptive choices available to couples are to either postpone the first pregnancy, space between pregnancies or limiting family size
  - Methods for spacing pregnancies or delaying first pregnancy:
    - Condoms
    - Pills
    - LAM
    - SDM (also called *Mala Chakra)*
    - Injectables
    - IUD (Copper-T) (long acting method)
  - Limiting Method
    - Female Sterilization or Tubectomy
    - Male Sterilization or Vasectomy

Factors That Influence Choice of Method

- How well the contraceptive method prevents a pregnancy (effectiveness)
- Ease of use
- Willingness to tolerate possible side effects of some contraceptive methods
- Cost
- Ease of acquiring and how often the couple will need to visit the health center

Messages That VHGs Will Take to Community in Coming Months

- We will highlight and provide information on contraceptive choices for spacing pregnancies or limiting family size
- Help you identify your family planning goal
- We will refer you to local health service providers who can answer your questions about family planning, to identify best contraceptive options suitable for you, and even offer services as desired

Male Condoms: Key Information

Steps for discussion:

- information and discuss condom use for protection from pregnancy and STIs/HIV
- Use provided examples to discuss condom negotiation
- Optional: Use pictures in the flipbook and use the *Chetna* apron to demonstrate steps of using a male condom

Consider asking women these questions to facilitate the discussion as appropriate

- What are condoms?
- Do you know how to use a condom?
- Do you know where to get condoms?

What are Condoms?

- A condom is a contraceptive method made of very thin rubber sheath that is to be put over a man's erect penis just before sexual intercourse
- Condoms prevent the man's sperm from entering the woman's vagina as the ejaculation occurs inside the condom

Condoms for Family Planning

Spacing pregnancies:

- If a couple uses condoms correctly *every time* they have sex, condoms are an effective method of delaying a pregnancy

Limiting pregnancies:

- Condoms have to be used *every time* the couple has sex. It requires motivation to use a condom over a long period of time. (Other Family Planning methods may be more effective and easier to use for long-term protection)

How to Use

1. Use a new condom for every act of sexual intercourse
2. Before intercourse, place condom on tip of erect penis with rolled side out
3. Unroll condom all the way to the base of penis
4. After ejaculation hold rim of condom in place and withdraw penis while it is still erect
5. Tie a knot and wrap the used condom. Dispose in a dust bin or bury it

Note:

- Store condoms in a cool dry place
- Be careful not to tear the condom when opening packet or putting on

Emergency Contraceptive Pills can be used if condom breaks (refer to a trained health service provider for more information)

Benefits

- Has no side effects or health risks
- Is easy to use
- Widely available at low cost or for free
- Effective if used consistently and correctly
- To be used only at the time of sexual intercourse

It is the only Family Planning method that offers STI/HIV protection in addition to pregnancy prevention

Limitations

- Must be used *every time* the couple has sexual intercourse to prevent a pregnancy
- Couple must agree to use *every time*
- Small possibility that condom might slip off or break during sexual intercourse

Discussing Condoms with Husband/Wife

- Focus on keeping both partners safe and healthy
- Easy to try and see if couple can use and are satisfied
- If yes, need to use new condom for *every* act of sexual intercourse
- If not, need to use an alternative method

Encourage the woman to convince her husband to also meet with the health service provider

Examples of Negotiation Responses

- Sex may not be enjoyable…

  It is only a thin rubber sheath. We may not feel any difference. Let's try and see if there is any difference
- I do not have any diseases! Why should I use condoms?

  Using condoms does not mean the person has some disease or has STIs. It protects us from having any STIs as well as from pregnancy
- Just this one time without a condom…

  It only takes one time without protection to get pregnant or have an STI/ HIV. We are not ready for a pregnancy and sex without a condom might put us at risk
- Condoms are for prostitutes. Why do you want one?

  Condoms are for everyone who want to protect themselves from a pregnancy or STIs/ HIV

Where You Can Get Condoms

- From the Referral Resource Directory let the beneficiaries know where they can go in their village or close by to get more information about condom supplies and costs

Different People, Different Goals

- Remind them that condoms are not the only option and may not be the most appropriate method for everyone
- There may be some people who do not agree to condom use and others may desire limiting their family size
- The Family Planning goal can be achieved by choosing the appropriate contraceptive method

There Are Options for Each Goal

Other contraceptive methods for delaying/ spacing pregnancies:

- LAM
- SDM
- Pills
- Injectables
- IUD

FP Methods for limiting family size:

- Male and female sterilization

Tell them that you can refer them to a health service provider to discuss condom or other contraceptive methods in more detail

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Lactational Amenorrhea Method (LAM): Key Information

Steps for discussion:

- Use the flipbook to present information and discuss how LAM prevents a pregnancy
- Refer women to a trained health service provider if they have additional questions about LAM

Consider asking women these questions to facilitate the discussion as appropriate:

- Have you heard about LAM as a contraceptive method that can be used to prevent pregnancy for postpartum breastfeeding woman?
- What are the benefits and limitations of LAM?

What is LAM?

- It is a very effective contraceptive method for postpartum women who are breastfeeding
- In a natural way it suppresses the release of egg in breastfeeding women
- The three criteria need to be met simultaneously for LAM to be effective:
  - Woman's monthly bleeding (menstrual periods) has not returned since childbirth, and
  - Woman is exclusively breastfeeding the child, day and night, and
  - The baby is less than 6 months old

LAM for Family Planning

Spacing pregnancies:

- Can be used after delivery till the time the three criteria are met

Limiting pregnancies

- Cannot be used for limiting since it is only effective for a short while for postpartum woman

Benefits

For the mother:

- Is safe and very effective method of contraception till the time the three criteria are met together
- Because its natural it has no side effects
- Requires no supplies and no costs for using it
- Gives time to the couple to decide on the next family planning method to use when LAM will no longer be effective

For the child:

- Improves baby's nutritional status as it encourages breastfeeding
- Decreases occurrence of childhood illnesses
- Increases chances of survival for the child
- Strengthens mother-child bonding

Limitations

- Only useful for breastfeeding women
- Effectiveness limited only till the three criteria are fulfilled together
- Provides no STI/HIV protection

Discussing LAM with Husband/Wife

- Emphasize that this is a short-term contraceptive method for use immediately after childbirth

- Need to think about what contraceptive method to use when any one of the LAM criteria becomes ineffective
- Encourage the woman to convince her husband to also meet with the health service provider

LAM- Lessons Learnt

- The baby should be breastfed day and night and also whenever the baby wants
- The baby should not be given additional food or liquids (not even water) during the first 6 months. The baby must only be fully breastfed
- Breastfeeding should not be stopped or avoided even when the mother or the baby is/are ill
- When any of the LAM criteria is no longer met, the woman must immediately start using another contraceptive method of her choice to prevent a pregnancy
- Since LAM is a user dependant method, it is more effective when practiced correctly and consistently by the user
- Breastfeeding after 6 months is good for the baby and must be continued. *However breastfeeding alone after six months will not prevent pregnancy*

Where You Can Get More Information on LAM

From the Referral Resource Directory. Let the beneficiaries/ clients know where they can go in their village or close by, to get more information about LAM and what methods to use when LAM is no longer effective in preventing a pregnancy

Different People, Different Goals

Remind them that different people have different family planning goals and LAM may not be the best choice of contraception for everyone

- There may be women who are not postpartum or breastfeeding
- Some woman may not meet all three criteria for LAM use
- Some couples may wish to limit their family size

There are options for each goal

Other contraceptive methods for delaying/ spacing pregnancies:

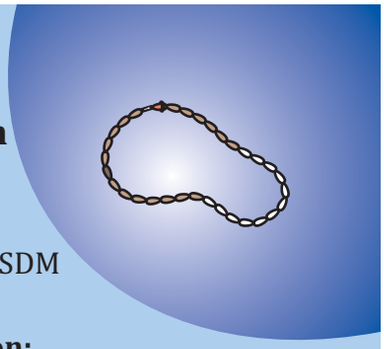
- Condoms
- SDM
- Pills
- Injectables
- IUD

FP Methods for limiting family size:

- Male and female sterilization

Tell them that you can refer them to a health service provider to discuss LAM or other contraceptive methods in more detail

The Standard Days Method (SDM): Key Information



Steps for discussion:

- Discuss key points as they appear in the table below
- Use CycleBeads and flipbook to present information and discuss how the SDM prevents a pregnancy

Consider asking women these questions as appropriate to facilitate the discussion:

- Have you heard about the SDM and CycleBeads?
- How should a couple manage fertile days to prevent a pregnancy?

What are the SDM and CylceBeads?

- The SDM is a natural, scientifically tested fertility awareness based method of family planning based on the woman's menstrual cycle
- The SDM helps a woman/couple identify which days during the woman's menstrual cycle she is most likely to get pregnant. These are called fertile days
- To prevent a pregnancy, the couple must agree to manage the fertile days either by using condoms or by abstaining from sex
- CycleBeads is a color-coded string of beads that helps in using the SDM

Who Can Use the SDM?

The SDM is most appropriate for:

- Women who have menstrual periods a month apart (the women has her period around the same time every month as she expects and her two consecutive periods are a month apart)
- Those couple who agree to manage fertile days either by using condoms or by abstaining from sex

How to use the CycleBeads?

- The woman uses the CycleBeads to track her fertile days and cycle length
- The CycleBeads has color coded beads with a black band that is moved from one bead to the next each day in the direction of the arrow
- On the first day of her period, the woman places the black band on the RED bead and marks that date on the calendar
- All BROWN beads represent those days when pregnancy is most unlikely. The couple can have sex without a condom on these days
- All WHITE beads represent days when pregnancy is most likely to occur. On all the WHITE bead days the couple must either use a condom or abstain from sex
- Her periods must return between the DARK BROWN bead and the LAST BROWN bead for her to continue using the SDM
- When she has her next period she should place the black band once again on the RED bead skipping over the remaining brown beads

Key Information:

- If her period comes before the black band reaches the DARK BROWN bead, or after the LAST BROWN bead, she needs to visit her health service provider for advice and counseling on other contraceptive methods
- If the couple has unprotected sex on any of the WHITE bead days they must see a health service provider for emergency contraception

The SDM for Family Planning

Spacing Pregnancies

- If used correctly and consistently, the SDM can be used *effectively* to delay first pregnancy or space between pregnancies
- Not well suited for limiting pregnancies unless user is highly motivated

Benefits

- No side effects or health risks
- Effective if used correctly
- One time product (requires no resupplies)
- Does not require any medical examination to start use
- Involves husband in use and improves couple communication
- Very simple and easy to teach and to use

Limitations

- Women with irregular menstrual cycles and those in special circumstances such as breastfeeding women cannot use it or have to delay use respectively
- The couple needs to agree managing fertile days to prevent a pregnancy
- Does not protect from STIs/HIV

Discussing the SDM with Husband/ Wife

- **Easy to use and natural**
- Couple needs to discuss and agree on managing fertile days
- Encourage the woman to convince her husband to also meet with the health service provider

Where To Get CycleBeads and More Information about the SDM

- From the Referral Directory let the beneficiaries know where they can go in their village or close by, to get more information about the SDM, to obtain CycleBeads supplies and costs

Different People, Different Goals

- Remind them that different people have different family planning goals, and the SDM /CycleBeads may not be the best option for everyone
- Some women may not be eligible to use the SDM or the couple may not agree to manage fertile days
- Couples trying to limit family size might choose more effective options that are not user dependent

There are options for each goal

- Other contraceptive methods for delaying/ spacing pregnancies:
  - Condoms
  - Pills
  - LAM
  - Injectibles
  - IUD
- FP Methods for limiting family size:
  - Male and female sterilization

Tell them that you can refer them to a health service provider to discuss the SDM or other contraceptive methods in more detail

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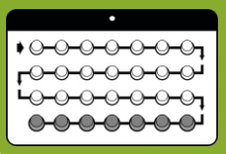
Oral Contraceptive Pills (OCPs): Key Information



Steps for discussion:

- Use the flipbook to present information and discuss how OCPs prevents a pregnancy
- Refer women to trained health service providers if they have questions or seek additional information on OCPs and to determine if they are eligible to use OCPs

Consider asking women these questions to facilitate the discussion as appropriate:

- What benefits or limitations of OCPs must a woman consider before initiating use?
- Do you think a woman would be able to remember to take a pill every day?
- Do you know where to get OCPs from?

What are OCPs and How Do They Prevent a Pregnancy?

- OCPs are pills that contain hormones like the natural hormones in a woman's body. There are 28 pills in a pack: 21 white pills and 7 colored (red/maroon) pills.
- They prevent pregnancy by preventing release of eggs and by blocking sperm from meeting the egg. Therfore, pregnancy can't occur *(show on Chetna apron)*
- They can be taken for a long time without any adverse effects and there is quick return of fertility after discontinuation
- OCP is a user dependent method

How to Take OCPs?

- The woman can start taking the pill anytime between the first and fifth day of her periods *(the health service provider should determine if the woman is eligible to start using the OCP)*
- The woman has to take one pill every day, in the direction of the arrow till the packet is finished. *(Show how to follow the direction on the packet for taking the pills)*
- When the packet gets over, the user will start a new packet from the very next day and continue to take one pill everyday, as long as she wishes to avoid pregnancy

Simple user instructions for supporting correct use:

- Take the pill at the same (fixed) time of the day or night as it will help in remembering to taking them everyday
- If a woman forgets to take a pill on any one day then she should – take the missed pill as soon as she remembers and then take the next pill at the usual time
- In case she forgets 2 or more pills, then the couple should use a condom during sex for 7 days and contact her health service provider for guidance

Who Can and Cannot Use OCPs?

Though OCPs can be used safely by the majority of women regardless of age, number of children, there are some health conditions which may restrict pills use

A trained health service provider will be able to determine if a woman can use OCPs or not. Hence if any woman wants to take OCPs then she should be referred to a health service provider

OCPs for Family Planning

Spacing and delaying pregnancies

- Good option for spacing since easy to start and stop as well as return to fertility is immediate

Limiting pregnancies

- Can be used for limiting as long as regular supply is available and woman is motivated to remember using the pill correctly

Benefits

- Very effective if used correctly
- Safe for majority of women
- Easy to start and stop use

- Reversible. If a woman wants to get pregnant, she can discontinue OCPs and her fertility returns soon
- Makes menstrual periods regular, lighter and less painful
- Prevents anemia
- Protects from certain cancers
- Does not require active partner participation

Limitations

- Requires to remember its daily use
- Cannot be used by some women with serious health conditions
- Causes side effects in some women, mostly in the first few months of use, including:
  - Irregular spotting (small amount of bleeding between menses)
  - Absence of monthly bleeding (less common, but may occur)
  - Headaches
  - dizziness
  - Nausea
  - Breast tenderness
  - Mood Swings
- Cannot be used by breastfeeding women (for the first 6 months)
- Provides no protection against STIs/HIV
- Requires resupply

Discussing OCPs with Husband/Wife

- OCPs are a safe, effective way to delay pregnancy
- As long as the woman remembers to take a pill each day, risk of pregnancy is very low
- Using pills will not increase risk for other diseases or has any adverse effect on the next child
- Encourage the woman to convince her husband to also meet with the health service provider

Where One Can Get Pills and More Information

From the Referral Resource Directory let the beneficiaries know where they can go in their village or close by to get more information about OCPs supplies and costs

Different People, Different Goals

Remind them that different people have different FP goals, and OCPs may not be the best option for everyone

- There may be women who may not be eligible to use the OCP. The health service provider will determine if the woman can use the OCP and should advise her on other contraceptive choices if she is not
- Couples desiring to limit family may chose more effective non user-dependent methods

There are Options for Each Goal

Other contraceptive methods for delaying/ spacing pregnancies:

- Condoms
- LAM
- SDM
- Copper-T
- Injectables

FP Methods for limiting family size:

- Male sterilization
- Female sterilization

Refer them to a trained health service provider to discuss OCPs or other options in more detail

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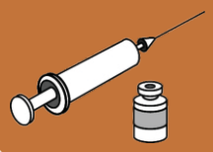
Injectable Contraceptives: Key Information



Steps for discussion:

- Use the handout to refer to information and discuss using the flipbook, the use of injectables to prevent pregnancy
- Refer women to a trained health service provider if they have additional questions about injectables

Consider asking women these questions as appropriate to facilitate the discussion:

- What have you heard about injectables?
- Are there any misconceptions related to Injectables in the community?
- Do you know where to refer woman for injectables?

What are Injectables?

- Injectables are a contraceptive method given via injection into the muscles of the upper arm or hip
- The most widely used injectable is called DMPA or Depo-Provera
- It is given once every 3 months
- It is a safe and very effective method if the woman continues to return for her re- injections every 3 months

Injectables for Family Planning

- **Spacing pregnancies -** Good option for spacing since it is easy to start and stop, though return of fertility is not immediate
- **Limiting pregnancies -** Can be used for limiting as long as the woman takes the re- injection every 3 months

Benefits

- Safe for majority of women
- Very effective
- Easy to use –nothing to remember other than returning for re-injection on time
- Long acting – one injection provides protection from pregnancy for 3 months
- Can be discontinued without a provider's help
- Does not require active partner participation and is private
- Can be used by breastfeeding women (after 6 weeks of childbirth)

Limitations

- Very common side effects include irregular or heavy bleeding in first few months of use, then spotting or no bleeding at all
- Return to fertility may take a few months or longer
- Requires woman to return for re-injection every 3 months to continue protection

Discussing Injectables with Husband/Wife

- Injectables are a safe, effective way to prevent a pregnancy
- If the woman gets an injection every 3 months, the risk of pregnancy is extremely low
- Using injectables will not increase risk for other diseases or harm the next child

Encourage the woman to convince her husband to also meet with the health service provider

Where Can You Get Injectables and More Information

- Injectables are not available at government hospitals. The woman can avail the services in the private sector at a cost
- From the Referral Resource Directory let the beneficiaries know where they can go in their village or close by, to get more information about injectables and cost for services

Different People, Different Goals

- Remind them that different people have different FP goals, and injectables may not be the best option for everyone
- Couple wanting to space pregnancies have other method choices
- Couples wanting to limit family size may also chose other methods which do not require return to provider

There Are Options for Each Goal

Other contraceptive methods for delaying/spacing pregnancies:

- Condoms
- Pills
- LAM
- SDM
- Copper-T

FP methods for limiting family size:

- Male sterilization
- Female sterilization

Tell them that you can refer them to a health service provider to discuss injectables or other contraceptive methods in more detail

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Intrauterine Devices (Copper-T): Key Information

Steps for discussion:

- Use the flipbook to present information and discuss how Copper- T prevents a pregnancy
- Refer women to a trained health service provider if they have additional questions about Copper-T

Consider asking women these questions to facilitate the discussion as appropriate:

- Do you know anyone who uses Copper-T?
- If you do, is the person satisfied with Copper-T use? Why or why not?
- What advantages or limitations of Copper-T would be important for a couple if they are considering using Copper-T?
- Do you know where to go for Copper-T insertion?

What is a Copper-T?

- It is one of the most effective methods of contraception
- It is a small, flexible plastic frame shaped like the letter 'T'. It has copper wire wrapped around it
- It can be inserted into the uterus only by a trained provider
- It is a safe and easy method to use as there is nothing to do or remember once it is inserted
- It is effective in preventing a pregnancy for as long as 10 years
- A woman can also have it removed any time she wants

How Copper-T Prevents Pregnancy?

- It prevents the sperm and the egg from meeting. The copper in the Copper-T reduces the mobility of the sperm by making it difficult for them to meet with the egg and therefore pregnancy can't occur

Copper-T for Family Planning

- Spacing pregnancies
  - Good option for spacing
  - Can be removed at any time by a trained provider
- Limiting pregnancies
  - Good option for limiting since it is long acting and protects from pregnancy for 10 years after insertion

Benefits

- Good contraceptive choice for many women
- Highly effective
- Easy to use: nothing to do or remember after insertion
- Long acting contraceptive method and can be used for 10 years. It can be removed by a trained health service provider whenever the woman desires a pregnancy
- Immediate return to fertility once removed
- Does not interfere with sex

Limitations

- It can be inserted and removed only by a trained provider
- Can cause common side effects (longer, heavier bleeding and more cramping). These side effects may be unpleasant, but they are not harmful.
- Serious complications are very rare, but may occur, mostly when inserted by an untrained provider
- It provides no protection from STIs/HIV

Discussing About Copper-T with Husband/Wife

- It is safe and effective method to prevent a pregnancy
- The risk of pregnancy is minimal
- Using Copper-T will not increase health risks for other diseases or harm the next child (when used for spacing)
- Encourage the woman to convince her husband to also meet with the health service provider

Where Can You Get Copper-T and More Information

- From the Referral Directory let the beneficiaries know where they can go in their village, or close by, to get more information about Copper- T for insertion or removal and cost for services

Different People, Different Goals

- Remind them that different people have different family planning goals, and Copper- T may not be the best contraceptive choice for everyone
- Some woman with STIs may not be eligible to use the Copper- T
- Couples who want to space pregnancies and limit their family size have other method choices

There are options for each goal

Other contraceptive methods for delaying/spacing pregnancies:

- Condoms
- Pills
- LAM
- SDM
- Injectables

FP methods for limiting family size:

- Male sterilization
- Female sterilization

Tell them that you can refer them to a health service provider to discuss Copper- T or other contraceptive methods in more detail

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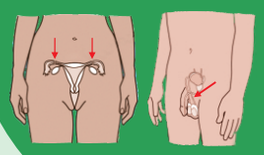
Male and Female Sterilization : Key Information



Steps for discussion:

- Use the flipbook to discuss how sterilization helps in preventing a pregnancy
- Refer men and women to a trained health service provider if they have more questions about sterilization and want to avail services

Consider asking these questions to facilitate the discussion as appropriate:

- Do you know anyone who got his/her sterilization done?
- If you do, is this person satisfied with the method? Why or why not?
- Do you know where one can get more information about sterilization and have the procedure done?

What is Sterilization?

- Sterilization is a contraceptive method for women and men who do not want any more children in the future and want to limit their family size
- It involves a safe, simple surgical procedure
- The procedure is done by a trained doctor *only*

Sterilization for Family Planning

- This is a limiting method
- Very good choice for limiting family size
- Reversal of procedure is very difficult, expensive, rare and therefore can-not be guaranteed

Female Sterilization

- In female sterilization both fallopian tubes which carry eggs from the ovaries to the uterus are cut and tied or blocked through a small incision in the abdomen. The uterus is not removed in this procedure.
- Because the tubes are blocked, the sperm and egg are not able to meet and therefore pregnancy cannot occur
- The woman continues to have menstrual periods as before
- It is effective as soon as the procedure is done

Male Sterilization

- The tubes that carry the sperm from the testicles to the penis are cut and tied through a small puncture in the scrotum
- After the procedure, men continue to have erections as before and ejaculate semen during sex but it has no sperms Without the sperms, pregnancy cannot occur
- Male sterilization, takes 3 months to be effective and the couple therefore *must* use a backup contraceptive method during these 3 months

Benefits

- Safe and very effective
- Easy to use since there is nothing to do or remember after procedure (for male sterilization continue to use a backup contraceptive method for 3 months)
- Good choice for limiting family size through a single procedure

- No long-term side effects
- No interference with sex

Limitations

- Requires a trained doctor to perform the procedure
- It is a limiting method, therefore the couple needs to be sure that no more pregnancies are desired in the future
- Provides no protection from STIs/HIV
- Male sterilization takes 3 months after the procedure to become effective, hence the couple must use a backup contraceptive method during this period

Discussing Sterilization with Husband/Wife

- Either man or woman can be sterilized
- Sterilization will not make the person weak, nor alter his/her sex drive
- Nor does it increase the risk of other diseases
- The woman continues to have menstrual periods as before
- The man continues to have erections and ejaculate semen as before

Where You Can Get Sterilization Done and/or Seek More Information

From the Referral Directory let the beneficiaries know where they can go in their village, or close by, to get more information about sterilization and costs for services

Different People, Different Goals

- Remind them different people have different family planning goals and that sterilization may not be the best choice of contraception for everyone
- Some men/women may not be eligible for sterilization
- Some couples may not be sure if they do not want any future pregnancies

There Are Options for Each Goal

Other contraceptive methods for delaying/spacing pregnancies:

- Condoms
- LAM
- SDM
- Pills
- Injectables
- IUD

Tell them that you can refer them to a health service provider to discuss sterilization or other options in more detail at any time