



Get it together for a  
brighter future

**KNOW. TALK. GO.**

**BE WISE!**

See Your Health Provider.  
Make a Choice Now!

## FAMILY PLANNING / CHILDBIRTH SPACING METHODS



**KNOW**

the facts  
about Family  
Planning during  
pregnancy



**TALK**

to your Partner and  
Health Provider  
about Family  
Planning during  
pregnancy



**GO**

for a modern  
Family Planning  
method soon after  
delivery

The right method is the one  
that suits you



Post Pregnancy Family Planning

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Female Condom, ©2000 Center for Communication Programs  
Courtesy of Photoshare

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<http://www.getittogether.ng>



### Oral Contraceptive Pills

- Effective short-acting method that is taken everyday
- Safe for women of any age, including women who have never had a baby
- The mini-pill is safe for breastfeeding mothers anytime after delivery.



### Injectable

- Effective short-acting method that lasts 2 or 3 months
- Safe for women of any age, including women who have never had a baby
- Safe for breastfeeding mothers with a baby more than 6 weeks old.



### Implant

- Effective long-acting method that lasts 3-5 years
- Safe for women of any age, including women who have never had a baby
- Safe for breastfeeding mothers anytime after delivery.



### Intra-Uterine Device (IUD)

- Effective long-acting method that lasts 5-10 years
- Safe for women of any age, including women who have never had a baby
- Can be used within 48 hours of childbirth or after 4 weeks after childbirth
- Safe for breastfeeding mothers.



### Male Condom

- Effective short-acting method that is used at the time of sex
- When used correctly at every time, it:
  - Prevents the female partner from getting pregnant
  - Prevents Sexually Transmitted Infections (STIs), including HIV/AIDS.



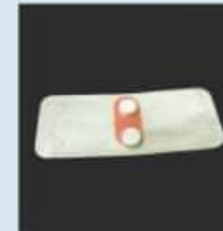
### Female Condom

- Effective short-acting method that is used at the time of sex
- When used correctly at every time, it:
  - Prevents pregnancy
  - Prevents Sexually Transmitted Infections (STIs), including HIV/AIDS
- Safe for breastfeeding mothers.



### Lactational Amenorrhoea Method (Exclusive Breastfeeding)

- Effective post-partum method when women meet all three criteria
  - Are breastfeeding exclusively (day and night)
  - Have an infant younger than 6 months old
  - Do not have menstrual bleeding.



### Emergency Contraceptive Pills (ECPs)

- Used only for emergencies and not appropriate for regular use
- Can prevent pregnancy when taken up to 120 hours after unplanned sexual intercourse
- Should not be taken more than twice a month



### Tubal Ligation

- Effective permanent method for women who do not wish to get pregnant again.



### Vasectomy

- Effective permanent method for men who do not want their partners to get pregnant again.