



Family Planning/ Childbirth Spacing Methods

Post Pregnancy Family Planning

The right method is the one that suits you

Male Condom



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

Exclusive Breastfeeding Method (LAM)



- 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.

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



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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.

Injectables



- 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 older than 6 weeks

Implant



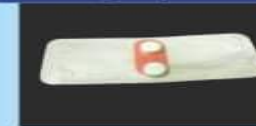
- Effective long-acting method that lasts 3-5 years
- Safe for women of any age, including women who have never had a baby
- Safe for breastfeeding mothers anytime after delivery

Intra-Uterine Device (IUD)



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

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

