**Benefits of family planning:**
- Pregnancy when you are ready for a new baby, so no pregnancy when you are not ready.
- Healthier baby when you have time to take care of your child.
- Healthier mother when you have time to recover.

**Safety:**
- All contraceptives are safe for most women.
- Your healthcare provider can tell you if one of the methods is not safe for you.
- All contraceptives are safe for women who cannot or do not want to use other contraceptives.

**Understanding fertility:**
- A woman is usually fertile for 10-11 days after the start of her period.
- A man is usually fertile always.
- A young woman can already get pregnant before her first period.
- A young woman can already get pregnant before her first period after delivery.
- A woman can still get pregnant if she has an unexpected baby after she had a period in the last 2 years.

**Natural methods:**
- If you have not been on hormones, between 1 and 6 months after the start of your period, you have a lower risk of getting pregnant.
- If you are breastfeeding, your child is less than 6 months old, and your period is back, you have a lower risk of getting pregnant.

**Effectiveness:**
- Less than 1% chance of pregnancy per year.
- Note: Only one method may be appropriate in rare natural methods; some should be known that they are actually significantly less reliable than most contraceptive methods.

**Condom and Caps**

**Diaphragm**
- How it Works: Prevents sperm from entering the vagina
- When Appropriate: For women who have been using the diaphragm previously
- When NOT to Use: Women who have a history of venereal disease
- Effectiveness: 99% chance of pregnancy per year
- Note: Can be used with a spermicide

**Female condom**
- How it Works: Prevents sperm from entering the vagina
- When Appropriate: For women who cannot or do not want to use other contraceptives
- When NOT to Use: Women who have a history of venereal disease
- Effectiveness: 85% chance of pregnancy per year
- Note: Has to be used with a spermicide

**Combined pill**
- How it Works: Contains an estrogen and a progestagen, which stop ovulation
- When Appropriate: For women who want to take a daily pill
- When NOT to Use: Women who do not want or cannot take estrogens
- Effectiveness: 99% chance of pregnancy per year
- Note: Talk to your healthcare provider if you forget a pill

**Progestagen only pill**
- How it Works: Contains a progestagen, which makes the lining of the uterus impermeable to sperm cells and in a number of women also blocks ovulation
- When Appropriate: For women who do not want or cannot take estrogens
- When NOT to Use: Women who cannot be sure that they will keep taking the pill
- Effectiveness: 99% chance of pregnancy per year
- Note: Most progestagen only pills must not be taken more than 4 hours late, but some can be taken up to 12 hours late

**Emergency contraception**
- How it Works: A pill taken after intercourse which works either by preventing fertilisation or by making it less likely that implantation occurs by making the lining of the uterus less receptive to sperm cells
- When Appropriate: Within 72/96 hours of unprotected sex
- Effectiveness: 85-90% effective within 24 hours
- Note: Should not be used as routine contraception

**Implants and Injectables**

**Implants**
- How it Works: One or two small plastic rods under the skin in the upper arm release a progestagen, which makes the lining of the uterus impermeable to sperm cells, and in most women also stops ovulation
- When Appropriate: For women who want 5 years of contraception, without having to think about it
- When NOT to Use: Women who do not want or cannot take estrogens
- Effectiveness: Less than 1% chance of pregnancy in 5-6 years
- Note: Works for 5-6 years, needs to be removed if pregnancy is desired

**Injectable**
- How it Works: Injection of progestagen, which makes the lining of the uterus impermeable to sperm cells, and in most women also stops ovulation
- When Appropriate: For women who want 12 weeks of contraception, without having to think about it
- When NOT to Use: Women who do not want or cannot take estrogens
- Effectiveness: Less than 1% chance of pregnancy in 1 year (few injections)
- Note: Works for 12 weeks; cannot be removed after injection, needs to be repeated if continued contraception is needed; it sometimes longer active than 12 weeks

**Intrauterine device (IUD)**
- How it Works: Prevents implantation of an egg
- When Appropriate: For women who do not want to think about contraception for a number of years
- When NOT to Use: Women who wish to become pregnant
- Effectiveness: Less than 1% chance of pregnancy per year
- Note: Women need to check regularly whether it is still in place

**Devices**

**Intrauterine device (IUD) with hormone**
- How it Works: Makes the lining of the uterus impermeable to sperm cells and prevents implantation of an egg
- When Appropriate: For women who only want to think about contraception for a number of years
- When NOT to Use: Women who wish to become pregnant
- Effectiveness: Less than 1% chance of pregnancy per year
- Note: Women need to check regularly whether it is still in place

**Contraceptives and Caps**

**Emergency contraceptive**
- How it Works: A pill taken after intercourse which works either by preventing fertilisation or by making it less likely that implantation occurs by making the lining of the uterus less receptive to sperm cells
- When Appropriate: Within 72/96 hours of unprotected sex
- Effectiveness: 85-90% effective within 24 hours
- Note: Should not be used as routine contraception

**For more detailed information, see text on the reverse side of this leaflet.
### Methods With No User Failure

<table>
<thead>
<tr>
<th>Method</th>
<th>Advantages</th>
<th>Disadvantages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vasectomy</td>
<td>99% effective. Sterilization is permanent. Can be reversed in some cases.</td>
<td>Requires a minor surgical procedure. Complications include infection, bleeding, and pain.</td>
</tr>
<tr>
<td>Tubal ligation</td>
<td>99% effective. Sterilization is permanent. Can be reversed in some cases.</td>
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</tr>
<tr>
<td>Implant</td>
<td>Less than one woman in 100 will get pregnant in a year.</td>
<td>No hormones are used.</td>
</tr>
<tr>
<td>IUD</td>
<td>Around 98% effective. Sterilization is permanent. Can be reversed in some cases.</td>
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### Contraceptive Injection

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<td>Contraceptive injection</td>
<td>Very effective.</td>
<td>No hormones are used.</td>
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</table>

### Implant

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<tr>
<td>Implant</td>
<td>Effectiveness is reduced if taken later than 72 hours after unprotected sex.</td>
<td>No hormones are used.</td>
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### Intrauterine system (IUS)

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### Intrauterine device (IUD)

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### Female and male sterilization

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### Diaphragm/cap with spermicide

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<tr>
<td>Diaphragm/cap</td>
<td>Effective if used according to instructions.</td>
<td>Requires a minor surgical procedure. Complications include infection, bleeding, and pain.</td>
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</tbody>
</table>

### Natural family planning

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</tr>
</thead>
<tbody>
<tr>
<td>Natural family planning</td>
<td>Using several fertility indicators is up to 98% effective if instructed and used correctly.</td>
<td>Requires a minor surgical procedure. Complications include infection, bleeding, and pain.</td>
</tr>
</tbody>
</table>