



सत्यमेव जयते



राष्ट्रीय स्वास्थ्य मिशन



# FAMILY PLANNING METHODS

## BROCHURE FOR ASHA

### Key FP Messages:

- ◉ Women should preferably conceive only after attaining the age of 20 years
- ◉ It is important to maintain a gap of at least 3 years between child births so that both the mother and child are healthy
- ◉ The couple should strive to have a small family to enable them to properly bring up their children
- ◉ The couple can choose from different contraceptive methods available under the National Family Planning Program
- ◉ The couple should contact the ASHAs/ other Health Care providers to seek information regarding available methods and choose the method most suitable to them
- ◉ All contraceptive services are available free of cost in public health facilities

Method	Timings of Initiating the Method			
	Post Delivery		Post Abortion	Interval (Any other Time)
	Breastfeeding Women	Non Breast-feeding Women		
 Female Sterilization	✓	✓	✓	✓
 Male Sterilization	✓	✓	✓	✓
 IUCD	✓	✓	✓	✓
 Combined Oral Pills (COCs)	x	✓	✓	✓
 Injectable MPA	✓	✓	✓	✓
 Centchroman - Non Hormonal	✓	✓	✓	✓
 Progestin Only Pill (POPs)	✓	✓	✓	✓
 Condoms	✓	✓	✓	✓

## Key Messages to Follow

Highest

- Permanent Method and it is difficult to reverse
- The method can be adopted within 7 days after - delivery/abortion or after 6 weeks
- The operation is considered a success when the woman resumes her menstrual cycle or if the pregnancy test is negative after one month of the operation. (Certificate of sterilization is issued only after one month after success of the operation is confirmed)

- Permanent Method and it is difficult to reverse
- The method can be adopted anytime
- The operation is considered a success if these men test confirms that there are no sperms three months after the operation. (Certificate of sterilization is issued only after three month after success of the operation is confirmed)

- This is a long acting reversible method
- Needs to be inserted by a trained ANM, nurse or doctor after examination
- Effectivity: IUCD 380A for 10 years; IUCD 375 for 5 years
- Immediate return of fertility on removal of the IUCD
- Some women may experience irregular bleeding, pain in abdomen etc which usually subsides in few months

- A safe hormonal pill which needs to be taken daily
- There are 28 pills in one package: which has, 21 contraceptive pills, 7 iron pills
- Has to be started on 5th day of menstrual cycle
- It is important to be examined by a doctor/ANM before initiating the pills
- Can be distributed by the ASHA
- Women who are breastfeeding should not take this for six months after delivery

- MPA contains a hormone similar to natural female hormone
- It is important to be examined by a doctor before initiating the Method
- To be given by injection
- Reversible; one dose is effective for 3 months
- For long term protection, needs to be repeated every three months
- It does not affect quality and quantity of milk; therefore is safe for breastfeeding mothers
- Can be started as early as 6 weeks post delivery
- Some women may have menstrual changes which may be light/heavy/irregular bleeding. These changes revert to normal once method is discontinued

- Does not contain any hormone
- Therefore it is free from side effects of other oral pills such as nausea, weight gain, swelling, high blood pressure
- It is important to be examined by a doctor before initiating
- To be taken twice a week for first three months and once a week thereafter
- First pill is to be taken on the first day of period; and the second pill three days later in first three months
- It is beneficial for anemic women as it makes the period lighter and interval of onset of periods longer

- Contains hormone like the natural hormone in a woman's body
- One pill has to be taken daily at the same time without any break
- Safe for Breastfeeding women as it doesn't affect quality/quantity of milk
- Bleeding changes are normal but not harmful

- Provides protection against HIV/AIDS in addition to contraception
- Involves active male participation
- Safe and with no side effects
- Fresh condom to be used by a man during each intercourse

Lowest

E F F E C T I V E N E S S

# PROBABILITY OF CONCEPTION AFTER DELIVERY



Exclusively Breastfeeding Women

Women who are not exclusively Breastfeeding women (Top feeding/water/honey/ghutti etc)

Non Breastfeeding Women

Women who have/had an abortion



Abortion

As early as 6 month

As early as 6 weeks

As early as 4 weeks

Within 10 days



Family Planning Division  
Ministry of Health and Family Welfare  
Government of India