

# Choices of Family Planning

prevention method for women and is one of the most effective. The procedure involves blocking the fallopian tubes (the tube carrying the egg), thus preventing the passage of egg in the female. The method is suitable only for women who have completed their family size and are certain that they do not want any more children.

A tubectomy can be performed within seven days of the start of a woman's menstrual cycle, or 24 hours after delivery or six weeks after delivery.

## **b. Non-scalpel vasectomy (NSV) for men:**

Non-scalpel vasectomy is a simple and safe procedure for men which take only a few minutes. The procedure involves cutting and tying the ends of the vas of the tube through which sperm passes and prevents the flow of sperm out of the testicles.

### **Advantages of NSV:**

- No incision or stitching involved.
- Procedure takes only 5-10 minutes. One can leave for home 30 minutes after the procedure.
- NSV is safe and does not reduce sexual power of man.
- It does not cause any physical weakness.
- Men who have completed family size and don't want any more children can adopt NSV.

If the man's job doesn't involve office work, one can go to work 48 hours after NSV. Manual labour should be avoided for at least 7 days.



Family Planning helps reduce the risk of pregnancy. Adopting Family Planning methods helps couples to let their children have a more focused upbringing, better education and other facilities.

There are several ways by which couples can plan their family size. Family Planning is applied to a female-male couple who wish to limit the number of children they have and/or to control the timing of pregnancy (also known as spacing children). Family Planning may encompass both Spacing and Permanent Methods.

## 1) SPACING METHODS

### A. Condom

It is the most widely known and used barrier device by men. A condom is useful not only as a contraceptive but also as protection from Sexually Transmitted Infections and HIV/AIDS. For preventing infections a couple must use condoms, even if one of them is sterilized.



A condom is a sheath or covering made of thin latex rubber that prevents the man's sperms from entering the woman's body and making her pregnant. It is easily available for free at health centres, private stores and with the ASHA.

### B. Oral Contraceptive Pill (OCP)

The OCP is a pill to be taken by a woman every day. It protects her from pregnancy for the entire monthly cycle. Called as **Mala D** or **Mala N**, these oral pills are easily available in private stores as well as with the ASHA and at the Sub-Centres, Primary Health Centres and Community Health Centres.



Oral contraceptives come in cycle packs of 28 pills. Only the first 21 of them contain hormones. The other 7 pills contain iron supplements. The iron supplement pills are taken after completing 21 hormone pills. Since most women are anaemic, the iron tablets are also helpful. Women who are breastfeeding should not take oral contraceptive pills.

### C. Emergency Contraceptive Pills (ECP)

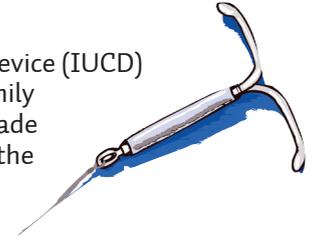
Emergency Contraceptive Pills are pills to be taken within 72 hours of unprotected sex and only in some emergency situations. It is meant for one time protection for women who suspect they may be at risk of pregnancy. These pills taken

as per instructions are especially useful if a woman has had unprotected sex and also provide protection against unwanted pregnancy.

ECPs are available at the Sub-Centres, Primary Health Centres and Community Health Centres, as well as with the ASHA. Emergency pills must not be used as a regular method of contraception.

### D. Copper T, the Loop or IUCD 380-A

The new Intra-Uterine Contraceptive Device (IUCD) 380-A is a very effective long lasting family planning method. It is a small device made of plastic and copper that is inserted in the uterus. IUCD 380-A stops the man's sperm from fertilizing the woman's egg and thus prevents pregnancy.



IUCD 380-A has to be inserted only at health centres or hospitals by a trained ANM, nurse or doctor. IUCD 380-A provides contraceptive protection for up to 10 years.

*IUCD 380-A can be used by:*

- All women in the child bearing age group for spacing of births.
- Those women who have had a caesarean section birth.
- Women who do not wish to undergo sterilization but want an effective long-term contraceptive method.
- It can also be used as an emergency contraception if inserted within 5 days of an unprotected intercourse.

## 2) PERMANENT METHODS

Sterilization is a permanent method of family planning, suitable for couples who are sure they do not want any more children. The surgery is fast and safe, and has no side effects.

### a. Tubectomy for Women:

Female sterilization is the surgical process used to end a woman's ability to become pregnant. It is a permanent pregnancy