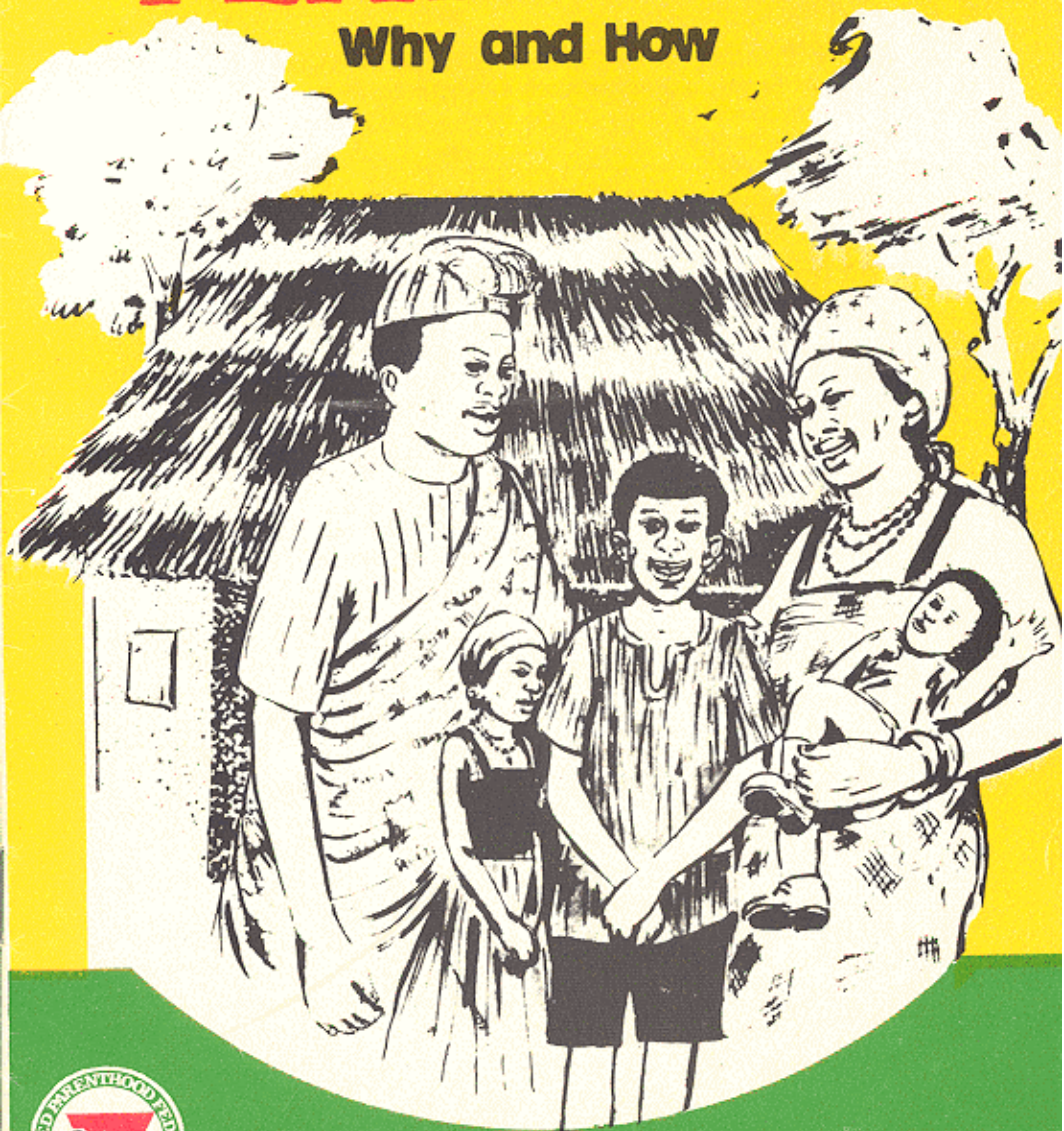


# FAMILY PLANNING

Why and How



PLANNED PARENTHOOD FEDERATION OF NIGERIA

# WHY FAMILY PLANNING?

Family Planning is not a new concept in Nigeria. Some forms of family planning such as abstinence, breastfeeding and other traditional methods have always been practiced among our people.

Today, modern temporary and permanent methods for practicing family planning are available.

## WHY SHOULD YOU PLAN YOUR FAMILY?

**HEALTH:** Family planning improves maternal and child health. Family Planning can be used to ensure that mothers produce children during the least risky period in their fertile life.

Mothers' and children's health is at risk:

- \* When the pregnant mother is too young (less than 18 years old):
- \* When the pregnant mother is too old (more than 35 year old):
- \* When births are too closely spaced together (less than 2 years apart):
- \* When too many children are born (over 3-4 children).

**WELFARE:** A smaller family size allows for more food, money, and clothing to be shared within the family. It also allows for more educational opportunities for the children.

## FAMILY PLANNING ALSO:



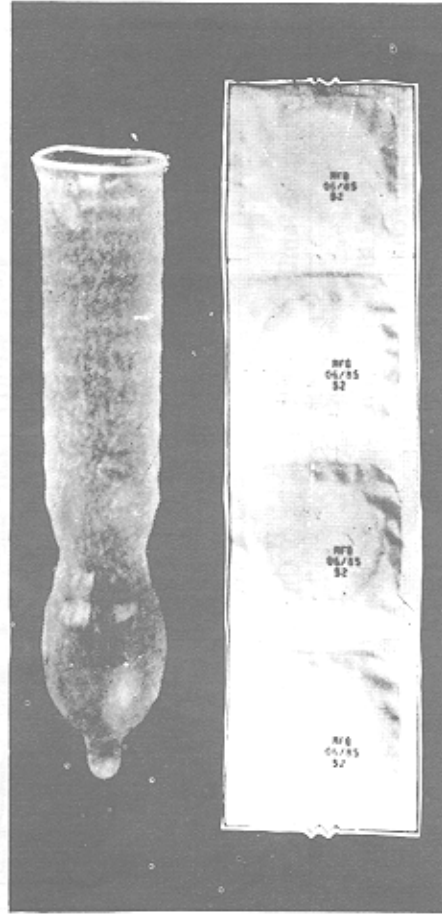
- \* Promotes healthier children because there is adequate attention given to each child in the family.
- \* Prevents unwanted pregnancies, abortions and child dumping.
- \* Assists couples who want children but have none.
- \* Contributes to improving the standard of living.
- \* Helps couple enjoy their marital life without fear of unwanted pregnancy;
- \* Promotes the economic development of the country by having less people to feed, to house and to employ.

**IT IS SAFE, SIMPLE AND SENSIBLE.**

## THE METHODS

### CONDOM (for men)

The condom is one of the modern methods of contraception available to men. It is made of thin rubber. When placed over the man's erect penis before intercourse, it catches the semen and prevents its entry into the woman's uterus. Packaged in rolled-up fashion, the small circle of rubber is placed over the tip of the penis and unrolled to cover the entire penis. To prevent spilling, the rim of the condom should be held during the man's withdrawal from the woman. The condom is 85-97% reliable.



#### Advantages:

1. It is a simple and effective method of contraception.
2. A reliable method for couples who want the man to use the contraceptive.
3. Available without prescriptions.
4. Condoms also protect against sexually transmitted diseases (STD)
5. It is inexpensive.

#### Disadvantages:

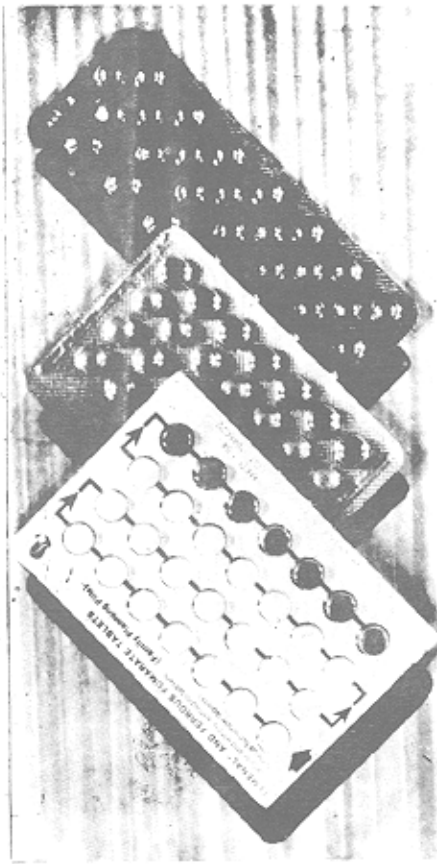
1. It may interfere with the pleasure of intercourse by reducing feeling.
2. Accidental pregnancy may occur if the condom tears or if some semen spill during intercourse.

## THE PILL

### (Oral Contraceptive)

The pill is made of synthetic hormones which are similar to those naturally produced by the woman's body. The hormones prevent the ovaries from releasing eggs. They also thicken the mucus in the cervix so that sperm cannot get into the uterus.

The pills must be taken according to the specific instructions of the type of pill prescribed. The Pill is 95%-99% reliable.



#### Advantages:

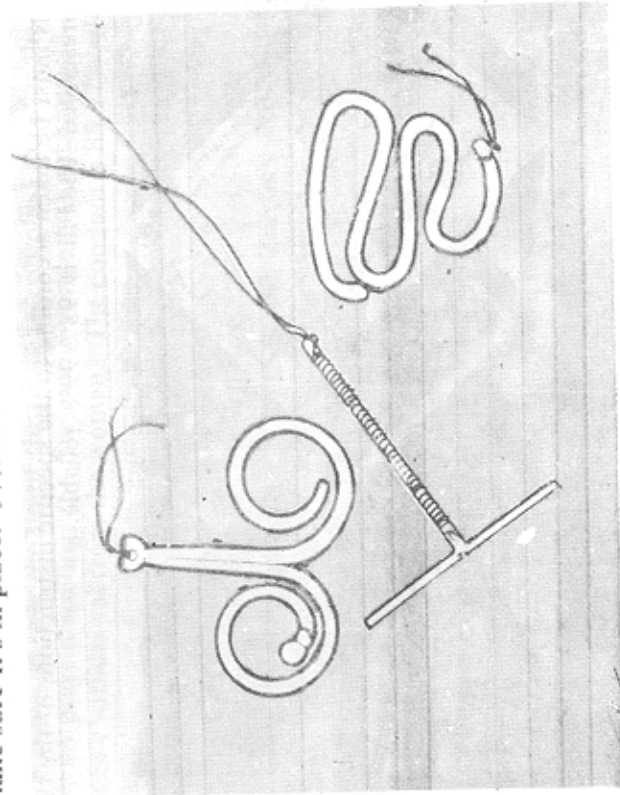
1. Around the clock protection.
2. Menstrual cycle is regulated.
3. Decreases menstrual flow and cramping.
4. No preparation before intercourse.
5. It is highly effective.

#### Disadvantages:

1. In some cases, temporary weight gain in first few months of use.
2. Side effects (breast fullness, nausea etc.)
3. Not all women can use the pill. Consult your health clinic for information.

## IUD (Intra-Uterine Device)

The IUD comes in different shapes and is always inserted by a doctor or a trained clinician. It prevents the egg from implanting on the wall of the uterus. The string attached to the IUD should be checked occasionally to make sure it's in place. 97%-99% reliable



### Advantages:

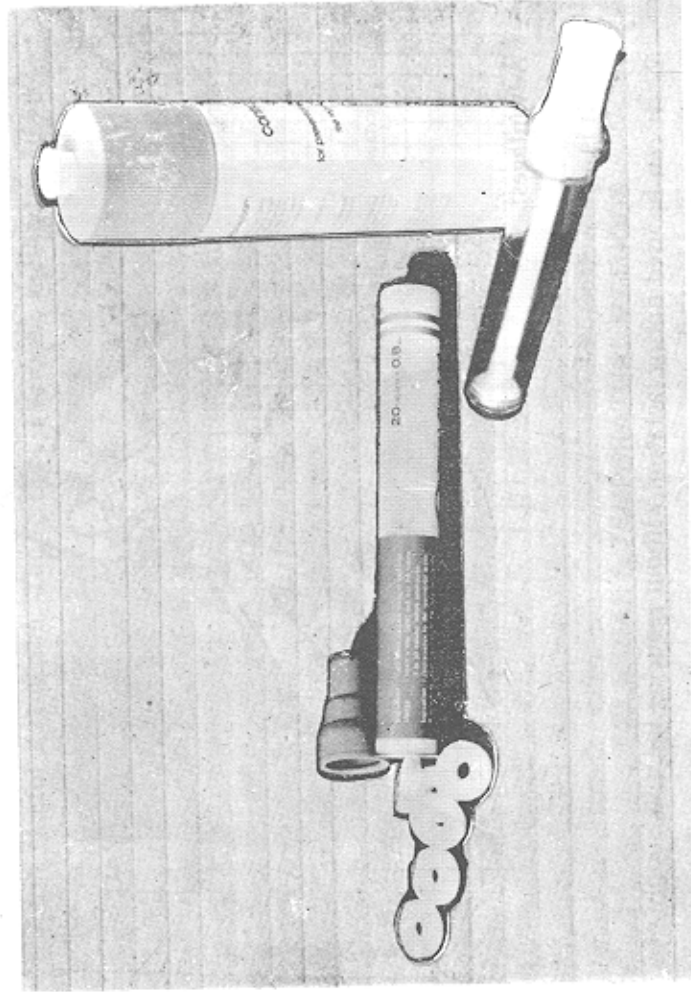
1. It does not require any preparation before intercourse.
2. It allows for around the clock protection.
3. It is inexpensive.
4. It is highly effective.

### Disadvantages:

1. Slight possibility of pelvic infection.
2. Slight bleeding and temporary backache may occur in the first few weeks.
3. The IUD may be expelled in rare cases.
4. It may cause temporary cramps and spotting in the first few weeks.

## JELLIES, CREAMS, FOAM AND VAGINAL TABLETS

These are contraceptives inserted into the vagina. They form a shield over the woman's cervix, blocking the sperm's entry into the uterus. They are always used just before intercourse. 75% - 90% reliability.



### Advantages:

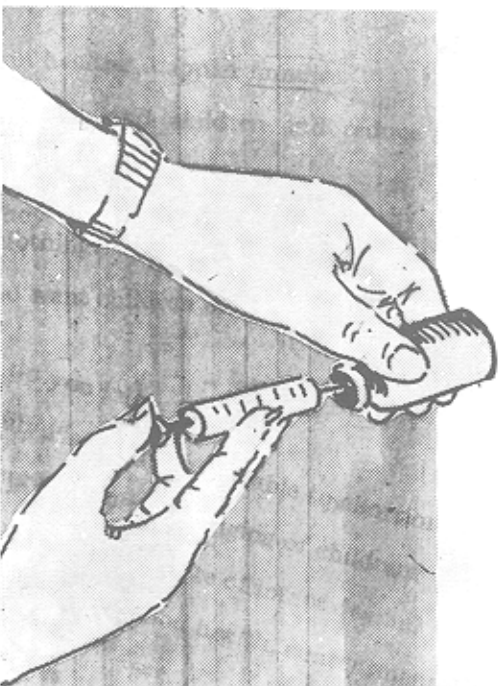
1. Easy and convenient to use.
2. Serves as lubricant.
3. No need for prescription.

### Disadvantages:

1. May cause occasional allergy.
2. May interfere with spontaneity of sexual activity.
3. Effective for only about an hour after use.
4. Must be in the vagina for at least 5 minutes before intercourse.

## INJECTABLE CONTRACEPTIVES (Depo-Provera and Noristerat)

When injected, it provides a 3 month period (2 months in the case of Noristerat) of protection against pregnancy. Each injection contains hormones which prevent pregnancy just like oral contraceptives. The injectables are 99% reliable.



Advantages:

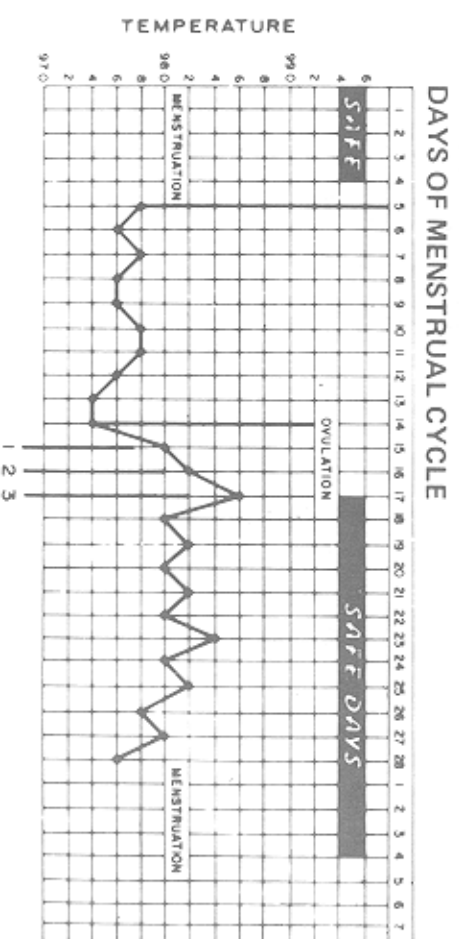
1. It is highly effective.
2. It can be used during lactation without reducing the milk supply of the nursing mother.
3. It does not contain oestrogens
4. It helps protect against cancer of the endometrium and cervix

Disadvantages:

1. It may cause temporary weight gain.
2. It may cause temporary headaches and pains in the joint.
3. It may cause temporary bleeding and spotting.
4. Return to fertility is usually delayed for a few months after discontinuation.

## FERTILITY AWARENESS (THE SAFE PERIOD)

Fertility Awareness enables the couple to refrain from sexual intercourse during the woman's fertile period. Way to determine the estimated time of the fertile period in the woman include: a calendar method, and the cervical mucus (Billings Ovulation) method. Each of these methods requires careful instruction. The fertility awareness method is 70-90% reliable.



### CALENDAR & TEMPERATURE METHODS.

Advantages:

1. No chemical or mechanical devices needed.
2. No side effects.
3. Little or no cost.
4. Acceptable to the Catholic Church.

Disadvantages:

1. Careful, daily monitoring of signs of fertility is required.
2. Long period of time intercourse must be avoided.
3. High pregnancy rate, particularly if cycles are irregular.

## PERMANENT METHODS

There are two permanent methods of contraception. These are: Male Sterilization (Vasectomy) and Female Sterilization (Tubectomy)

Vasectomy is the cutting or the blocking of the tubes through which sperms from the testes travel to the penis. Once the tubes are blocked sperms are prevented from entering the semen ejaculated.

Tubectomy, on the otherhand, is also a permanent method of contraception in which the fallopian tubes are closed so that the female eggs are prevented from travelling through to meet the sperm. In tubectomy the tubes are surgically closed with bands, clips or by cutting and tying.

Both vasectomy and Tubectomy can be performed under local anaesthesia. Permanent methods are 98-99.5% reliable. They are, however, used by men/women who have completed their family size.

### Advantages:

- \* Very safe and effective.
- \* Long-term health effects negligible.
- \* Both methods require only a single procedure.

### Disadvantages

- \* Both methods require adequate infrastructure and the services of skilled medical practitioner.
- \* Minor complications such as swelling and pain are common.
- \* Blood clots and infection may occur, but rarely
- \* Both methods are not reversible.

# FAMILY PLANNING MAKES SENSE



Family Planning is the most sensible thing to adopt in this age and time. It encourages healthier, happier families and helps protect the health of mothers and children. It reduces child mortality by spacing children and it assists parents to understand the value of having only the number of children for whom they can adequately provide care, housing and good education.



## **PLANNED PARENTHOOD FEDERATION OF NIGERIA**

*Visit the nearest Hospital,  
Clinic and Maternal and  
Child Health Centre  
for further information  
and advice*

**GET INVOLVED IN FAMILY  
PLANNING *NOW!***

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