FAMILY PLANNING METHODS

A Flipchart for Clinical Providers

Ministry of Health
P.O. Box 7272, Kampala
Tel: +256-41-340874
HOW TO USE THIS FLIPCHART

1. Refer to the colour codes to know which methods are appropriate for short term, long term and permanent use.

- **Short-acting methods**
- **Long-acting methods**
- **Permanent methods**

2. Use the shaded boxes to learn both advantages and disadvantages for each method.

<table>
<thead>
<tr>
<th>Advantages</th>
<th>Disadvantages</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Safe and effective</td>
<td>• Menstrual cycle will probably change to an unfamiliar one</td>
</tr>
</tbody>
</table>

3. Inform the client of any relevant side effects for each method by referring to this bar.

| Possible Side Effects | • Itching | • Burning | • Swelling |

4. Your client may ask you questions. Use the frequently asked questions section to guide your answers.

<table>
<thead>
<tr>
<th>Frequently Asked Questions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q Is it true that the womb is turned upside down during operation?</td>
</tr>
<tr>
<td>A No, the tubes from your ovaries to your womb are cut. Your womb is not affected at all.</td>
</tr>
</tbody>
</table>

5. Your client’s HIV status is important and encourage them to share this with you so you can give correct guidance.

6. When taking your client’s personal history remember to ask the details shown by the star for their chosen method.

7. When you see the blue cross, make sure you refer the client(s) to the back page to your local referral sites.

**Tips**
- Best used in a clinic setting for one-to-one or couple counseling or small (5-12 people) community outreach
- Make sure that the client can see the images while you explain
- Point to the illustrations as you talk -while you read the text behind

**Advice on Counseling**
- Make the client feel welcome and relaxed to talk to you openly
- Choose a space which allows for confidentiality
- Face your client whilst talking
- Ask questions and encourage discussion - especially about their child plans / desires
- Speak clearly and use words and languages the client(s) can understand
- Keep checking that the client(s) understand you (e.g. for the chosen method ask the client to repeat the instructions for use)
- Ask the client if they have any questions to ask you
CONTENTS

1. How to use this flipchart / Advice on Counseling
2. Introduction to Family Planning
3. HIV/AIDS
4. Male reproductive system
5. Female reproductive system
6. Summary of methods
7. Condoms
8. Pills
9. Emergency Contraception (EC)
10. Injectables
11. Breastfeeding (LAM)
12. Other Natural Methods
13. Coil (IUD)
14. Implants
15. Tubal Ligation
16. Vasectomy
17. Pregnancy Checklist
18. Referral
WHAT IS FAMILY PLANNING?

Family planning is a conscious decision by individuals or couples to choose for themselves when to start having children, how many children to have, how to space them or when to stop having children by using (modern) contraception and natural methods.

Welcome your client by saying:

- You have joined millions of people around the world who use modern family planning methods.

- In Uganda now 1 out of 5 adults use modern family planning methods.

- The methods are internationally approved and recommended by the Government of Uganda, Ministry of Health and World Health Organisation.

- I am there to help you choose the most appropriate method for you so feel free to ask any questions.

- By spacing your children you will have more time and money to spend on your family. This will give them all better health and less financial burden.

- Family planning helps to reduce infant, child and maternal mortality.

- Mothers using family planning have time to recover from the effects of pregnancy, labour and delivery.

- It is good that you discuss together as a couple to find the best method.

- You should know your HIV status. The condom can protect against pregnancy as well as sexually transmitted infections (STIs).

Frequently Asked Questions

<table>
<thead>
<tr>
<th>Q</th>
<th>If a woman becomes pregnant while using a method will she produce an abnormal child?</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>A woman that becomes pregnant while using an FP method has the same chances of producing an abnormal child as a woman not using any method.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Q</th>
<th>Can Family Planning cause continuous bleeding?</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Some women using FP may experience changes in their menstruation especially during the first months of use. These changes vary from absence of periods to heavy periods. Most of these changes disappear with time.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Q</th>
<th>What happens to the eggs when a woman who is using FP stops menstruating?</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>A few women using hormonal contraceptives may experience absence of their periods when they are not actually pregnant. These contraceptives mainly work by preventing the maturation and release of the eggs from the ovaries. Therefore someone using contraceptives should not worry about eggs being released in the body and subsequently leading to problems.</td>
</tr>
</tbody>
</table>
Reminder, ask

What do you know about HIV/AIDS?
✓ Using a condom will prevent transmission during sex
✓ Dual method use will protect from unwanted pregnancy as well as transmission

Have you and your partner had an HIV test together?
✓ Know your status so you can plan together for the future
✓ Go for voluntary counseling and testing at your nearest Health Centre
✓ Many people test negative and even those who test positive can still lead healthy and productive lives

Do you know the benefits of testing for HIV?
✓ If you know your status you can plan better for the future
✓ Everything is confidential
✓ If you test positive you should share this with your partner and ask them to go for a test, if you did not test together
✓ You may test negative and your partner positive (this is discordant)

Do you know how testing is done?
✓ It is a simple blood test
✓ You are given counseling before the test and when you get the results
✓ If you test positive you can access ART services

Do you know the risks of HIV infection?
✓ Your child may be born with HIV and the risks during pregnancy are greater
✓ Using a condom and being faithful will reduce the risk of transmission
✓ Your child may contract HIV through your breastmilk
✓ You can get advice on PMTCT and advice on infant feeding from your Health Worker

Frequently Asked Questions

Q Can my partner get infected if I am HIV positive?
A Yes, a condom should be used correctly every time you have sex to prevent transmission to your partner and re-infection of yourself.

Q Are all family planning methods safe if I have HIV?
A Yes, it is best to use them with a condom as well to make sure re-infection does not occur.

Q If my partner and I are of different HIV status should we use family planning?
A Yes, you should protect each other first and condoms are helpful for that, condoms are also a family planning method, in case you decide not to have children for a while. You should tell your partner about your HIV status, and the two of you should decide together if and when you want to have children.
The man’s sexual organs includes a penis with two testes and other organs which are not seen from the outside.

The testes produce semen which is made up of sperm and a thick white fluid called seminal fluid.

At climax during sex, a man ejaculates the sperm mixed with seminal fluids into the woman’s vagina.

The sperm swim into the vagina and pass into the womb (uterus).
The woman’s sexual organs are a vagina which connects to the entrance to her womb (uterus).

She has two ovaries which are linked by tubes to her womb.

Every month an egg is made and released from the ovaries.

During sexual intercourse the sperms are released into the vagina and these swim into the uterus and tubes. If the sperms meet the egg and fertilisation occurs this results in pregnancy.

If pregnancy does not occur the egg is absorbed in the body. Approximately, 2 weeks later, the lining of the womb is released with blood. This is called a period or menstruation.
SUMMARY OF METHODS

Short-acting methods

Condoms
The male condom is a thin sheath worn over the erect penis when a couple is having sex. It is effective as a barrier for HIV and STD infections. It can be used with another contraception known as dual method.

Pills
Pills are tablets containing hormones. A woman takes one tablet daily to prevent pregnancy.

Injectables
Depo-provera is an injection containing the hormone progestin. The injection is given every three months.

Breastfeeding (LAM)
The Lactational Amenorrhea Method (LAM) is the use of breastfeeding as a temporary family planning method.

Other natural methods
Natural Family Planning methods make use of periodic abstinence and fertility awareness to avoid pregnancy. They involve partner cooperation and awareness of fertile and non-fertile days for regular menstrual cycles. Moonbeads are a string of colored beads which the woman moves each day to know when to abstain from sex.

Long-acting methods

Implants
An implant is a set of 6 very small plastic silicone capsules (usually 1-6) containing the hormone progestin. The capsules are placed under the skin of a woman's upper arm and can prevent pregnancy for at least 5 years.

Coil (IUD)
A coil is a small plastic and copper device that is inserted into the uterus to prevent pregnancy.

Permanent methods

Tubal Ligation
It requires a simple operation to cut and tie the tubes so that the sperm cannot meet the egg in the woman's tubes. A woman cannot become pregnant.

Vasectomy
Is a simple operation of cutting and tying the tubes that carry sperm to the penis. The sperm will not mix with the semen to be part of the fluid a man ejaculates.

Notes for HIV clients
- Family Planning does not protect against STIs (including HIV/AIDS) except when using the condom

Reminder, ask
- Have you ever discussed Family Planning with your partner before?
- How many children do you both want?
- (If you want more children) When would you like to have your next child?
- Do you know your HIV-status?
- Have you ever used Family Planning before? What was your experience?
- Do you have a method you prefer?
- Pregnancy
The male condom is a thin sheath worn over the erect penis when a couple is having sex. Provides protection against pregnancy, HIV/STDs. Can be used with another method (dual method).

To use the condom

It should always be used correctly every time.

- Feel the condom sealed wrapper for air
- Open the foil carefully to prevent tearing the condom
- Squeeze out the air from the tip
- Put the condom on the top of the erect penis, ensuring that the part to be unrolled is on the outside.
- Carefully roll it on the erect penis while holding the space at the end of the condom.
- After releasing sperm but before the penis becomes soft, holding the condom so that it doesn’t come off, pull the penis out of the woman.
- Roll the condom off the penis being careful not to spill the semen.
- Throw used condom in a pit latrine or burn it.

Advantages

- Safe, effective and easy to use
- Protects against STI/HIV
- Excellent option for someone who does not need ongoing contraception
- Does not require a prescription or medical examination

Can be used in combination with another method

Disadvantages

- May cause decreased sexual sensitivity
- Requires skills to use properly and negotiate use with a partner
- A new condom must be used each time the couple has sex
- Occasionally a condom may break or slip off during intercourse
- Interrupts the sex act

Possible Side Effects

- Itching
- Burning

Frequently Asked Questions

Q: Can it disappear in the woman's uterus when having sex?
A: No, this cannot happen because the entrance to the uterus (the cervix) is very small.

Q: Can it burst inside the vagina during intercourse?
A: New condoms are very strong, they rarely burst. Breaking is not expected if they are not expired, they did not have contact with sharp objects or have been kept in a hot place.

Q: Is it true that the HIV-virus can pass through the pores of a condom?
A: Condoms don’t have pores: neither the virus nor the sperm can pass through unless there are holes.

HIV Clients

- Prevents transmission of HIV and re-infection, if used correctly and during every round of sex

Reminder, ask

- Previous experience or any issues with using condoms
Pills are tablets containing hormones. A woman takes one tablet at the same time every day to prevent pregnancy.

Pills work by preventing the release of the egg from the ovary and by making cervical mucus thick so the sperms cannot pass through.

There are two kinds of pills: the mini pill (progestin only pill POP) for breastfeeding women and the Combined Oral Contraceptive (COC). As soon as the woman stops breastfeeding it is advisable to change her to COC’s because she can get pregnant just by forgetting to take a mini pill once.

### Advantages
- Safe, effective and easy to use
- Lighter, regular periods with less cramping
- Can become pregnant again after stopping the pill
- May be beneficial for women who have irregular or heavy periods, dysmenorrhea or acne
- Mini pill for breast feeding mothers

### Disadvantages
- Have some side effects
- Must be taken at the same time every day
- To be used with caution in women with high blood pressure

### Possible Side Effects
- Nausea
- Weight gain
- Breast tenderness
- Headaches or dizziness
- Unexpected bleeding or spotting
- Depression

### Information for breastfeeding women
Breastfeeding women can take the mini pill from 6 weeks after delivery. She should change to COC’s as soon as she has reduced breastfeeding, after 6 months.

### Frequently Asked Questions

<table>
<thead>
<tr>
<th>Q</th>
<th>A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Does the pill cause cancer?</td>
<td>No, the pill can actually help protect women against some forms of cancer of the female reproductive organs.</td>
</tr>
<tr>
<td>Do they burn all a woman’s eggs?</td>
<td>No, they prevent the monthly release of an egg from the ovary, so the eggs stay in the ovaries.</td>
</tr>
<tr>
<td>Is it true that pills cause infertility?</td>
<td>No, when a woman stops taking the pill, her normal fertility will return within several months. Remember Pills do not protect against STIs including HIV/AIDS.</td>
</tr>
<tr>
<td>Can the pill cause an abortion?</td>
<td>No pills cannot cause abortion. Pills prevent pregnancy by preventing ovulation and making the cervical mucus thick. If a woman is pregnant, she should not take pills.</td>
</tr>
</tbody>
</table>

### HIV Clients
- In combination with a condom to prevent infection and reinfection

### Reminder, ask
- History of high blood pressure (HBP)
- Breastfeeding
- Good or bad memory
EMERGENCY CONTRACEPTION (EC)

A hormonal method (oral contraception) used only in an emergency:

- When a method has failed, for example: a condom has been broken or has slipped off, an IUD has been removed
- A woman has missed taking her contraceptive pills for more than 2 days for example: has been ill
- A woman has had sex against her will or forced into sex — rape has occurred
- Unprotected sex took place and a woman wants to avoid pregnancy

It is 2 doses of pills (taken not later than 120 hours after the unprotected sex).

- Dose 1 ...................................................(POP) 20 pills OR (COC) 4 pills
- Dose 2 (Taken12 hours after dose 1) ....(POP) 20 pills OR (COC) 4 pills

**Advantages**

- Prevention from pregnancy for women forgetting their pill cycle
- Adolescents who have been defiled can prevent pregnancy
- Women who have been raped can prevent pregnancy

**Disadvantages**

- Nausea and vomiting (should be taken with food)
- Cannot be taken more than 120 hours (5 days) after having unprotected sex
- Only used for emergency
- Does not protect against STD infection

**Possible Side Effects**

- Nausea
- Vomiting (need to re-take pills)

**Important Information**

This method is not a regular contraceptive method. It is used for emergency situations. Counsel the client about other methods that are suitable for them to use regularly.

**Frequently Asked Questions**

**Q** Does EC cause abortion?
**A** The answer is NO, it prevents pregnancy by stopping or postponing the egg from being released from the ovary. If you are pregnant and take EC, it will not stop the pregnancy.

**Q** Can a woman used interchange POP/COC doses 1 and 2 as indicated in the chart above?
**A** Not recommended as they are not the same hormones.

**Q** Does EC protect against STIs?
**A** No, it will only protect against unwanted pregnancy.

**HIV Clients**

- SafeforHIVclientstouse

**Reminder, ask**

- History of high blood pressure (HBP)
**Depo-provera** is an injection containing the hormone progestin. The injection is given every three months into the arm or buttocks.

Depo-provera works by preventing the release of the egg from the ovary and making cervical mucus thick. Without an egg, a woman cannot become pregnant.

### Advantages
- Safe and effective
- Protection lasts for three months
- Periods may become very light and often disappear after a year of use
- Completely reversible, you can become pregnant again after stopping depo-provera

### Disadvantages
- Menstrual pattern will probably change
- May increases appetite which may cause weight gain
- Often a delay in getting pregnant after stopping depo-provera
- Does not protect against STI/HIV
- May be difficult to remember to return for next injection after the 3 months

### Possible Side Effects
- Spotting
- Menstruation that is likely to become lighter, less frequent, or stops altogether
- Prolonged bleeding in some cases
- Weight gain or headaches

### Frequently Asked Questions

<table>
<thead>
<tr>
<th>Q Can it make the woman sterile?</th>
<th>A No, however a few women may have delayed return of fertility. Therefore if at risk of STI, a condom should be used in addition to the injectables (dual method use).</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q Do injectables cause cancer?</td>
<td>A No, in fact, depo-provera (DMPA) is sometimes used to treat uterine cancer.</td>
</tr>
<tr>
<td>Q Can injectables make you fat?</td>
<td>A That depends on the person. Some women do gain a little weight while using injectables while others may experience loss of weight. Remember that weight gain or loss is determined by a lot of other things like peace of mind, diet and exercise.</td>
</tr>
<tr>
<td>Q Does it make you fail to menstruate?</td>
<td>A Some women may experience this but not always. If it persists please seek medical advice. Yes, you may not menstruate after the injection. But menstruation will return after this.</td>
</tr>
</tbody>
</table>

### HIV Clients
- In combination with a condom to prevent infection
- Must be taken exactly every 12 weeks (3 months)

### Reminder, ask
- Breastfeeding
- Discuss date for next 3 month visit
The Lactational Amenorrhea Method (LAM) is the use of breastfeeding as a temporary family planning method. (‘Lactational” means related to breastfeeding and “Amenorrhea” means not having menstrual bleeding.)

LAM prevents eggs being made (ovulation) because breastfeeding changes the rate of release of natural hormones responsible for ovulation.

**Advantages**
- Effective in preventing pregnancy for at least 6 months if periods have not returned, and mother is exclusively breastfeeding (on demand).
- Encourages the exclusive breastfeeding pattern that have health benefits for the mother and baby.
- Can be used immediately after childbirth.
- No need to do anything at the time of sexual intercourse.
- No supplies or procedures needed to prevent pregnancy.

**Disadvantages**
- Effectiveness after 6 months is not assured.
- Exclusive breastfeeding may be difficult for working mothers.
- Does not provide protection against STI/HIV.
- If the mother has HIV there is some chance that breastmilk will pass HIV to the baby.
- If period returns earlier, not effective.

**Possible Side Effects**
- There are no side effects with LAM.

**Frequently Asked Questions**

<table>
<thead>
<tr>
<th>Q</th>
<th>A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can I give my baby other drinks/foods besides breastmilk when using LAM as a Family Planning method?</td>
<td>No, LAM is only effective when breastfeeding is done exclusively (on demand).</td>
</tr>
<tr>
<td>My menstrual periods are back, can I still use LAM?</td>
<td>No, LAM is only effective when menstruation has not returned.</td>
</tr>
<tr>
<td>What if I have to go to work?</td>
<td>LAM may not be an appropriate method.</td>
</tr>
<tr>
<td>If I do not have enough breastmilk?</td>
<td>LAM may not be the most appropriate method. If you feed on demand, more milk is produced.</td>
</tr>
</tbody>
</table>

**HIV Clients**
- HIV may be transferred through breastmilk, refer to guidelines on safe infant feeding practices and PMTCT guidelines.

**Reminder, ask**
- Breastfeeding behavior: exclusive and on-demand, for up to 6 months.
- Appearance and regularity of periods.
OTHER NATURAL METHODS

There are a variety of ways to know the fertility of the body based on:
- taking a daily temperature
- recording a regular menstrual cycle (either with a calendar or beads)
- feeling cervical secretions

They only work for a regular menstrual cycle of 21 to 35 days.

Standard Days Method (Moon-beads)
Moon-beads are a string of differently colored beads. The beads help a woman to be aware of her fertile days, so she can avoid sexual intercourse on the days she is likely to get pregnant. Each bead represents a day of a woman’s menstrual cycle. A ring is moved forward each day to keep track of her safe days. This method is only suitable for women with regular menstrual cycles of 26-32 days. They are available and simple to use if the instructions in the packet are followed correctly.

Advantages
- Easy to use, effective, and inexpensive
- Causes no side-effects
- Can be stopped at any time, either to switch methods or to get pregnant.
- Can be used as a temporary method during fever or vaginal infections
- Helps women become more aware of their cycle and fertility.
- Helps to involve the partner in Family Planning

Disadvantages
- Only suitable for women with a regular cycle between 26 and 32 days long.
- Women who are breastfeeding or have recently used some hormonal contraceptives may need to wait for regular cycles to begin using the Standard Days Method.
- Successful use of the Standard Days Method requires the woman’s awareness of her fertile days.

Possible Side Effects
- None. There are no hormones or chemicals involved

Frequently Asked Questions

Q: Is my cycle the right length to use moon beads?
A: Yes if your cycle is between 26 and 32 days long. No, if is shorter or longer.

Q: Can I use Moon beads if I just stopped using a hormonal method?
A: No, you will have to wait a few cycles until your menstruation pattern is stable.

Q: What should I do if I forget to move the ring?
A: You move the ring twice the next day. If you have forgotten to move the ring several days you can refer back to the calendar where you wrote down the first day of your period. You count how many days have passed since then and you move the ring forward.

HIV Clients
- In combination with a condom to prevent transmission and reinfection

Reminder, ask
- The length of the menstrual cycle
- How she can memorize when her cycle started (using the calendar)
- If she or her partner have had an HIV test
- If she wants to avoid pregnancy, what method she will use on her fertile days
COIL (IUD)

A coil is a small plastic copper-containing device that is inserted into the uterus to prevent pregnancy.

The coil works by preventing sperm from joining with the egg.

Advantages

- Safe, highly effective and has long-lasting action (12 years)
- Easy to remove if the user wants to become pregnant
- No hormonal related side effects
- Does not interact with medications
- Can be used by women of any age
- Do not need to come back for new supplies

Disadvantages

- Menstrual changes especially during the first few months. These may be longer and heavier menstrual periods
- Slight pain during the first few hours after IUD insertion
- Does not protect against STI/HIV
- Must be inserted and removed by a trained provider

Possible Side Effects

- Cramping
- Heavier and/or longer periods
- Some pain during and immediately after insertion
- Increased vaginal discharge

Frequently Asked Questions

Q Is it true that the copper can rust or react and cause infection in the womb?
A No, the copper has been tested and cannot rust inside.

Q Can it move through the womb and pierce other organs?
A No, it cannot move anywhere else than through the cervix. It must be inserted and removed by a trained provider.

Q Is it true that a woman can still conceive while having a coil?
A The coil is a highly effective, reversible method of FP. Very very few women do get pregnant while using the coil.

Q Can the string of a coil tie around the man’s penis during intercourse?
A No, the string is cut short after insertion. It is soft and cannot prick.

HIV Clients

- If the client is HIV-positive but does not have AIDS
- If the client has AIDS and is doing clinically well on ART

Reminder, ask

- If pregnant, vaginal bleeding, delivery
- Check for pus on the cervix and do not insert until treated
- Signs STIs before insertion
An implant is a set of 1-6 very small plastic silicone capsules containing the hormone progestin. The capsules are placed under the skin of a woman’s upper arm and can prevent pregnancy for at least 3 years.

Implants work by thickening cervical mucus, making it difficult for an egg to pass through, and by preventing the release of the egg from the ovary sometimes.

### Advantages
- Safe and effective
- Lasts for 3-7 years, depending on type
- Completely reversible, can become pregnant shortly after removing implant
- May improve anemia

### Disadvantages
- Menstrual cycle will probably change to an unfamiliar one
- Does not protect against STI/HIV

### Possible Side Effects
- Weight gain
- Irregular periods (prolonged light to moderate bleeding initially)
- Headaches, dizziness, or nervousness
- Nausea

### Frequently Asked Questions

<table>
<thead>
<tr>
<th>Q</th>
<th>A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can the implant prolong or delay conception after you have stopped?</td>
<td>No. Return of fertility is reported to be immediate after use of implants. However remember that the implants do not protect against STIs, which is the leading cause of infertility in Uganda.</td>
</tr>
<tr>
<td>Does it make you fail to menstruate?</td>
<td>Absence of periods is reported as one of the side effects of the implants. Therefore a few women using the implants may experience absence of their periods for sometime.</td>
</tr>
<tr>
<td>Can the implant move around inside the woman’s body, or even fall out?</td>
<td>No, the implant remains under the skin in the woman’s upper arm. The implant stays there until a health provider removes it.</td>
</tr>
<tr>
<td>Will the implant break when it gets bumped?</td>
<td>No, the implant is very flexible and soft and cannot break under the skin of the woman’s arm. The woman need not worry about putting pressure on her arm, such as carrying her child.</td>
</tr>
<tr>
<td>Will it give me a big scar?</td>
<td>No, the cut is very small and heals quickly.</td>
</tr>
</tbody>
</table>

### HIV Clients
- In combination with a condom to prevent infection and reinfection

### Reminder, ask
- As for plan to have more children or to stop
- Serious problem with heart or blood vessels
- Breast cancer
- Liver diseases
- Pregnancy
Implants

- Norplant (5-7 years)
- Jadelle (3-5 years)
- Implanon (3-5 years)
Frequently Asked Questions

**Q** Does TL stop women from menstruating?

**A** No, the operation is done on the tubes only and the uterus remains intact hence, menstruation continues because it is as a result of breakdown of the lining of the womb.

**Q** Is it true that the womb is turned upside down during operation?

**A** No, the tubes from your ovaries to your womb are cut. Your womb is not affected at all.

**Q** Will the woman lose her sexual desire after TL?

**A** No, a woman’s interest and ability in sex will not change. It could even be better because there is no worry of getting an unwanted pregnancy.

---

**TUBAL LIGATION**

A permanent method for women who are sure that they and their partners do not want anymore children.

It is a simple operation. The doctor gives an injection to make the abdomen numb, then makes a small cut to open and identifies the tubes, ties each of them and makes a cut between the ties. They are then returned inside the abdomen which is stiched closed. She can no longer get pregnant but will continue to menstruate.

### Advantages

- Safe
- Simple surgery
- Usually done without putting the woman to sleep
- Drugs are used to block the pain during the operation
- Very effective
- No negative effect on sexual ability or feelings
- Done on out-patient basis

### Disadvantages

- No protection against STI/HIV
- Cannot be reversed

### Possible Side Effects

- Some minor lower abdominal pains
- Discomfort after surgery

### HIV Clients

- In combination with a condom to prevent infection and reinfection

### Reminder, ask

- Desire for more children
- Client needs to be referred for proper counselling
Frequently Asked Questions

Q Is vasectomy the same thing as castration?
A No, castration is done to animals, and involves permanently damaging the testicles. Vasectomy does not affect the testicles so the man functions like a man in the same way as he has been.

Q Does it make men impotent?
A No, men remain with the same sexual desire and ability to have sexual intercourse.

Q Does it make men weaker or have other health problems after a vasectomy?
A No, studies have shown that men do not get health problems as a result of a vasectomy.

Q Does it make men become mentally disturbed?
A No. If men start having any mental (psychological) problems they could arise from the fact that the method is irreversible. These range from fear, anxiety to worry, which is why they should have counseling first.

Advantages
- Safe
- Simple
- Convenient surgery — done in a few minutes in a clinic or health facility
- Drugs are given to block the pain
- Very effective after 3 months following surgery, or semen-analysis

Disadvantages
- You need to use another method until 3 months are over
- No protection against STIs/HIV
- Cannot be reversed

Possible Side Effects
- No known long-term side effects

HIV Clients
- In combination with a condom to prevent infection and reinfection

Reminder, ask
- Desire more children
- Client needs to be referred for proper counselling
# PREGNANCY CHECKLIST

## How to be Reasonably Sure a Client is Not Pregnant

Ask the client questions 1–6. As soon as the client answers **YES** to *any* question, stop, and follow the instructions.

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Are you exclusively or almost exclusively breastfeeding a baby less than 6 months old and have you had no menstrual period since giving birth?</td>
<td></td>
</tr>
<tr>
<td>2. Have you abstained from sexual intercourse since your last menstrual period or delivery?</td>
<td></td>
</tr>
<tr>
<td>3. Have you had a baby in the last 4 weeks?</td>
<td></td>
</tr>
<tr>
<td>4. Did your last menstrual period start within the past 7 days?</td>
<td></td>
</tr>
<tr>
<td>5. Have you had a miscarriage or abortion in the past 7 days?</td>
<td></td>
</tr>
<tr>
<td>6. Have you been using a reliable contraceptive method consistently and correctly?</td>
<td></td>
</tr>
</tbody>
</table>

If the client answered **NO** to all of the questions, pregnancy cannot be ruled out. Client should await menses or use a pregnancy test.

If the client answered **YES** to at least one of questions and she is free of signs or symptoms of pregnancy, provide client with desired method.
Fill in the name and location of these referral sites in your area.

<table>
<thead>
<tr>
<th>Service</th>
<th>Referral point 1</th>
<th>Referral point 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tubal Ligation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vasectomy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Implants</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coil (IUD)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Standard Days Method (Moon-beads)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HIV/AIDS testing and counseling</td>
<td></td>
<td></td>
</tr>
<tr>
<td>AIDS treatment (ART)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PMTCT services</td>
<td></td>
<td></td>
</tr>
<tr>
<td>STI treatment:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
ACKNOWLEDGEMENTS

The Ministry of Health wishes to acknowledge the “Family Planning Revitalization Group”(*) for assistance with the making of this flipchart, which is based on the “Samples of Family Planning Methods” flipchart produced by the Ministry of Health and UNFPA.

Special thanks go to Health Communication Partnership for taking a lead in the revision process. The art-work and layout were provided by Robert Sempagala. Text revision and style design by Anne Musisi.

Funding was provided by the United States Agency for International Development (USAID) and the United Nations Population Fund (UNFPA).

(*) the “Family Planning Revitalization Group” is a collaboration between:

1. Ministry of Health
2. ACQUIRE Project / EngenderHealth
3. AFFORD
4. EGPAF
5. FPAU
6. HCP
7. MIHV
8. MSI
9. MSU
10. Mulago Hospital
11. Save the Children US
12. STF
13. UHMG
14. UNFPA
15. UPHOLD
16. UPMA
17. URHAN
18. USAID
19. WHO