

# *Family planning*

Family planning expressed by contraception which is defined as avoidance of pregnancy by methods other than abstinence of marital relation and it is very important to save women and children life.

# Objectives:

1. Improve quality of life:
  - a. keep health of women by spacing of birth.
  - b. keep health of women by decrease complications of legal and illegal abortion, pregnancy, labor.
  - c. prevent pregnancy at teenage.
  - d. prevent sexually transmitted diseases.
2. Avoid unwanted children, allowing parent to have children when they want.
3. Limitation of population growth (family size).

# To whom contraception is used?

1. Social problems: to limit the population for political reason.
2. Temporary ill health e.g. typhoid fever, TORCH.
3. Chronic systemic diseases as hypertension, heart diseases, diabetes mellitus, malignancy.
4. Previous obstetrical complications as pregnancy induced hypertension, repeated cesarean section.
5. Transmitted disease to fetus as syphilis and TORCH.
6. Birth spacing.
7. Limitation of the family to decrease the danger to the fetus and mother.

**There is NO ideal contraceptive method because an ideal method should be:**

- 1. 100% sure there is no pregnancy.**
- 2. It should be acceptable.**
- 3. No side effect or complication.**
- 4. It should be temporary and stopped whenever the couple needs a baby.**

# Factors influenced the choice of the method of Family planning

1. Characteristic of service provider (like sex, expertise...).
2. Type of health facilities (hospital, PHC, private clinic...)
3. Effectiveness of the method.
4. Popularity and acceptability.
5. Perceived risk (age of female, diseases)
6. Scientific evidence for safe use of each approach to limit fertility.
7. Availability.
8. Cost.
9. Occupation of couple.

# Methods of family planning

## 1. Temporary methods:

1. a. Hormonal (oral contraceptive pills, implanted, injectable, transdermal patch )

1.b. Intrauterine contraceptive device.

1.c. Barrier methods:

Male condoms

Vaginal diaphragm:

Cervical cup.

Female condom

1.d. Spermicidal agents.

1.e. Withdrawal (coitus interruptus): .

1.f. Periodic abstinence (safe period):

1.g. Breast feeding.

1.h. Vaccination.

2. Permanent method (Sterilization)

Tubal ligation, vasectomy

3. Termination of pregnancy.











The combined oral contraceptive pill is often just •  
called "the pill". It contains artificial versions of female  
hormones oestrogen and progesterone, which are  
produced naturally in the ovaries.

If sperm reaches an egg (ovum), pregnancy can •  
happen. Contraception tries to stop this happening  
usually by keeping the egg and sperm apart or by  
stopping the release of an egg (ovulation).

## Advantages and disadvantages •

Some advantages of the pill include: •

it does not interrupt sex •

it usually makes your bleeds regular, lighter and less painful •

it reduces your risk of cancer of the ovaries, womb and colon •

it can reduce symptoms of [PMS \(premenstrual syndrome\)](#) •

it can sometimes reduce acne •

it may protect against pelvic inflammatory disease •

it may reduce the risk of fibroids, ovarian cysts and non-cancerous breast disease •

Some disadvantages of the pill include: •

it can cause temporary side effects at first, such as •  
headaches, nausea, breast tenderness and mood  
swings – if these do not go after a few months, it may  
help to change to a different pill

it can increase your blood pressure •

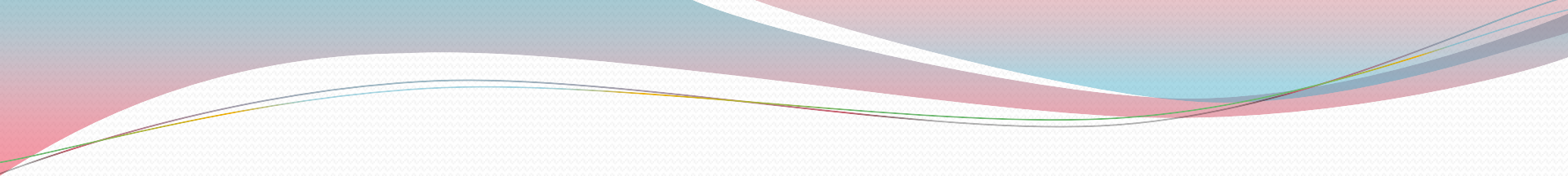
it does not protect you against sexually transmitted •  
infections

breakthrough bleeding and spotting is common in the •  
first few months of using the pill

it has been linked to an increased risk of some serious •  
health conditions, such as blood clots and breast  
cancer







The contraceptive implant (Nexplanon) is a small • flexible plastic rod that's placed under the skin in your upper arm by a doctor or nurse.

It releases the hormone progestogen into your • bloodstream to prevent pregnancy and lasts for 3 years.



# Advantages and disadvantages of the implant

Advantages: •

it works for 3 years •

it doesn't interrupt sex •

it's an option if you can't use oestrogen-based •  
contraception, such as the combined contraceptive  
pill, contraceptive patch or vaginal ring

it's safe to use while you're breastfeeding •

your fertility will return to normal as soon as the •  
implant is taken out

it may reduce heavy periods or period pain •

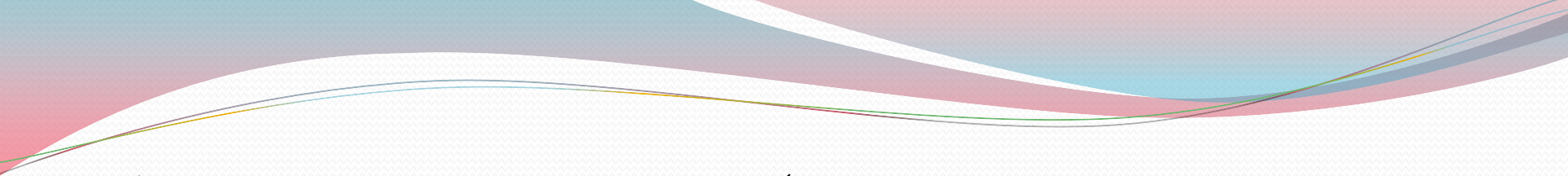
# Disadvantages:

- you may experience temporary side effects during the first few months, like headaches, nausea, breast tenderness and mood swings
- your periods may be irregular or stop altogether
- you may get acne or your acne might get worse
- you'll need a small procedure to have it fitted and removed
- it doesn't protect you against sexually transmitted infections (STIs), so you may need to use additional contraception (such as condoms) as well



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The contraceptive injection (Depo-Provera, Sayana Press or Noristerat) releases the hormone progestogen into your bloodstream to prevent pregnancy. •

Depo-Provera is most commonly given in the UK and lasts for 13 weeks. Occasionally, Noristerat may be given, which lasts for 8 weeks. •

Sayana Press also lasts for 13 weeks, but it's a newer type of injection so is not available at all clinics or GP surgeries •

# Advantages and disadvantages of the injection

- each injection lasts for either 8 or 13 weeks
- it does not interrupt sex
- it's an option if you can't use oestrogen-based contraception
- you do not have to remember to take a pill every day
- it's safe to use while you're breastfeeding
- it's not affected by other medicines
- it may reduce heavy, painful periods and help with premenstrual symptoms for some women



# Disadvantages:

- your periods may change and become irregular, heavier, shorter, lighter or stop altogether – this can carry on for some months after you stop the injections
- it does not protect you against STIs
- there can be a delay of up to 1 year before your periods return to normal and you can become pregnant
- some people may put on weight when they use Depo-Provera or Sayana Press contraceptive injections
- you may experience side effects like headaches, acne, hair loss, decreased sex drive and mood swings
- any side effects can continue for as long as the injection lasts (8 or 13 weeks) and for some time after



## *Wearing the Patch*

The contraceptive patch can be worn on four places on your body.



Abdomen



Upper Outer Arm

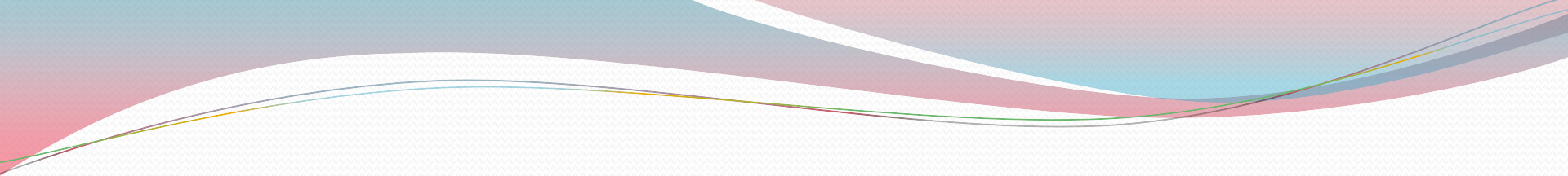


Upper Torso  
(front or back, but not your breasts)



Buttocks

Source: Ortho-McNeil Pharmaceutical, 2001.



The contraceptive patch is a small sticky patch that • releases hormones into your body through your skin to prevent pregnancy. In the UK, the patch's brand name is Evra.



The patch releases a daily dose of hormones through the skin into the bloodstream to prevent pregnancy. •

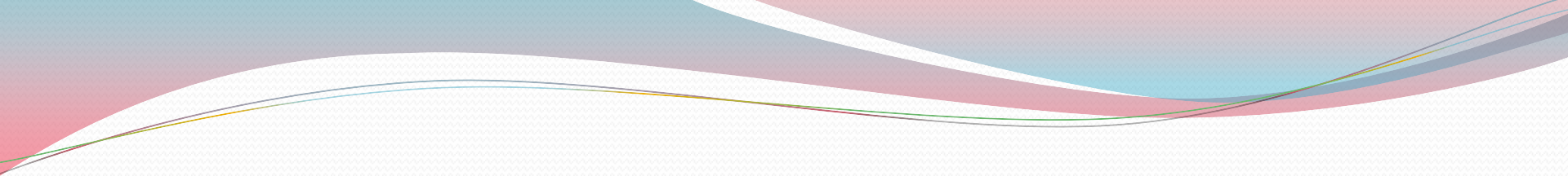
It contains the same hormones as the combined pill – oestrogen and progestogen – and works in the same way by preventing the release of an egg each month (ovulation). •

It also thickens cervical mucus, which makes it more difficult for sperm to move through the cervix, and thins the womb lining so a fertilised egg is less likely to be able to implant itself. •

# Advantages and disadvantages of the patch

- it's very easy to use and doesn't interrupt sex •
- unlike the combined oral contraceptive pill, you don't have to think about it every day – you only have to remember to change it once a week •
- the hormones from the patch aren't absorbed by the stomach, so it still works if you're sick (vomit) or have diarrhoea •
- it can make your periods more regular, lighter and less painful •
- it can help with premenstrual symptoms •
- it may reduce the risk of ovarian, womb and bowel cancer •



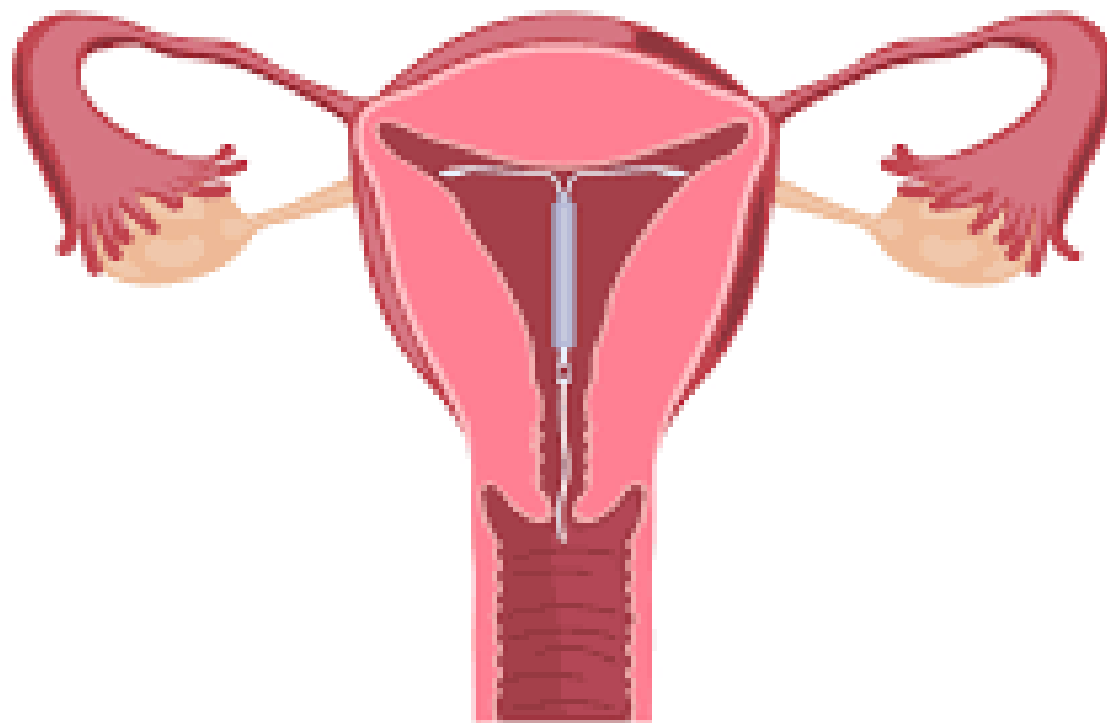


it may be visible it can cause skin irritation, itching and soreness it doesn't protect you against STIs, so you may need to use condoms as well some women get mild temporary side effects when they first start using the patch, such as headaches, sickness (nausea), breast tenderness and mood changes – this usually settles down after a few months

you need to remember to change it every week

bleeding







An IUD is a small T-shaped plastic and copper device •  
that's put into your womb (uterus) by a doctor or  
nurse.

It releases copper to stop you getting pregnant, and •  
protects against pregnancy for between 5 and 10 years.  
It's sometimes called a "coil" or "copper coil".

# Advantages and disadvantages of the IUD

It protects against pregnancy for 5 or 10 years, depending on the type. •

Once an IUD is fitted, it works straight away. •

Most people with a womb can use it. •

There are no hormonal side effects, such as acne, headaches or breast tenderness. •

It does not interrupt sex. •

It's safe to use an IUD if you're breastfeeding. •

It's possible to get pregnant as soon as the IUD is removed. •

It's not affected by other medicines. •

There's no evidence that an IUD will affect your weight or increase the risk of [cervical cancer](#), [womb \(uterus\) cancer](#) or [ovarian cancer](#). •



Disadvantages: •

Your periods may become heavier, longer or more painful, though this may improve after a few months. •

It does not protect against STIs, so you may need to use condoms as well. •

If you get an infection when you have an IUD fitted, it could lead to a pelvic infection if not treated. •

Most people who stop using an IUD do so because of vaginal bleeding and pain, although these side effects are uncommon. •



# Emergency contraception (morning after pill, IUD)

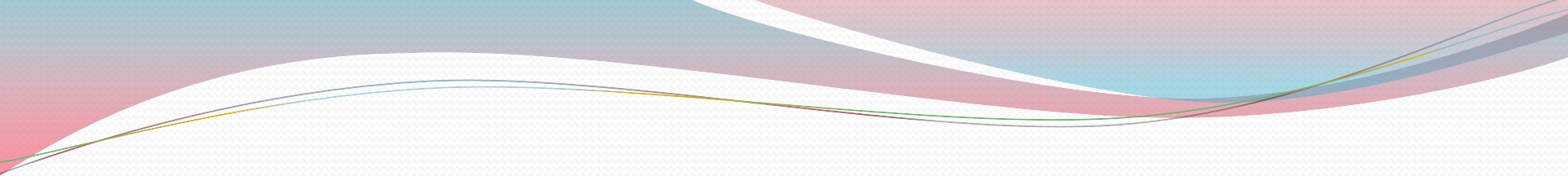
Emergency contraception can prevent pregnancy after unprotected sex or if the contraception you have used has failed – for example, a condom has split or you have missed a pill. •

There are 2 types of emergency contraception: •

the emergency contraceptive pill – Levonelle or ellaOne (the "morning after" pill) •

the intrauterine device (IUD or coil) •





You need to take the emergency contraceptive pill •  
within 3 days (Levonelle) or 5 days (ellaOne) of  
unprotected sex for it to be effective – the sooner you  
take it, the more effective it'll be.

The IUD can be fitted up to 5 days after unprotected •  
sex, or up to 5 days after the earliest time you could  
have ovulated, for it to be effective.

The IUD is more effective than the contraceptive pill at •  
preventing pregnancy – less than 1% of women who  
use the IUD get pregnant.