

## SHORT-ACTING METHODS

### THE PILL

The pill is a short-term hormonal contraceptive used by most women to prevent pregnancy. It contains substances which prevent the female egg from making a baby. Each packet contains twenty eight (28) pills. One (1) pill must be taken by mouth each day at the same time, to make it work.

There are three (2) types of pills:

- (a) Control Pill (Combined oral pill)
- (b) Secure Pill (Progesterone only oral pill)



When taken regularly and correctly, the pill is a very effective method of preventing pregnancy.

**The pill does not protect against Sexually Transmitted Infections (STIs), including HIV. Hence, you are encouraged to use the pill together with condoms to prevent both unintended or unplanned pregnancy and STIs including HIV.**

### THE MALE CONDOM



The male condom is a thin sheath of rubber used by a man to prevent his partner or wife from becoming pregnant. It is put over an erect penis just before sex. A new condom must be used each time you have sex. If used correctly, the condom is an effective family planning method.

The condom is a dual protection method. Apart from unintended or unplanned pregnancies if correctly and consistently used a condom prevents you from STIs and HIV infection.

## THE FEMALE CONDOM



FC2 female condom is a soft, smooth and strong condom made from a synthetic material. It is worn inside a woman's birth canal. Apart from unintended or unplanned pregnancies if correctly and consistently used a condom prevents you from STIs and HIV infection.

The female condom has an inner and an outer ring that hold it in place during sex. The outer ring provides added protection against STIs by covering the woman's external sex organs and the base of the penis. FC2 female condom is for single use only.

### EMERGENCY CONTRACEPTION (Morning after Pill)

Emergency Contraception is a hormonal method taken within 120 hours (5 days) of unprotected sexual intercourse to prevent pregnancy

It is used by a woman in situations where:

- She has had unprotected sexual intercourse without any Family Planning method.
- A condom burst during sexual intercourse and she is not using any family planning method.
- She has been raped and is not using any family planning method.

**Remember: Emergency Contraception is not to be used as a method of birth control. Also, it does not prevent STIs including HIV.**

EMERGENCY CONTRACEPTIVE PILL



- ★ used after unprotected sexual intercourse
- ★ should be taken within 120 hours

## INJECTABLES



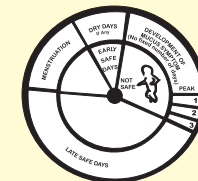
There are two kinds of injectable methods available in Zimbabwe; these are **Depo Provera** and **Sayana Press**.

They are given every three months (13 weeks).

The injection does not interfere with sex. It does not interfere with breast milk in breastfeeding mothers. The injection is effective for most women.

**Injectables do not protect against STIs including HIV. Hence, you are encouraged to use this method together with condoms to prevent both unintended or unplanned pregnancy and STIs including HIV.**

## FERTILITY AWARENESS METHODS (FAM)



**These are natural methods that are based on the use of Basal body temperature, Cervical Secretions and the Menstrual Calendar.**

- Effective when a woman is able to tell the fertile time of her monthly cycle (period when a woman can become pregnant).

### LACTATIONAL AMENORRHEA METHOD (LAM) - for breast feeding mothers

This is a natural method of preventing pregnancy for a woman who is exclusively breastfeeding for up to six (6) months after child-birth.

A woman should plan to take up another method before the end of the effective period which lasts up to six (6) months after child-birth.

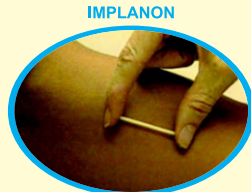
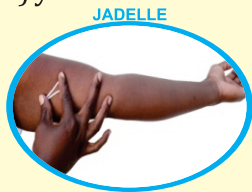
## LONG ACTING REVERSIBLE METHODS: IMPLANTS

Implants are small contraceptive plastic rods which are inserted under the woman's skin, usually on the inner part of the upper arm.

**There are two types of implants-**

**a) Jadelle** (Progestogen-Only-Contraceptive) - Jadelle is a TWO rod implant which is long-acting, reversible and highly effective in preventing pregnancy for up to five (5) years.

**b) Implanon** (Progestogen-Only-Contraceptive) - Implanon is a ONE rod implant which is long-acting, reversible and highly effective in preventing pregnancy for up to three (3) years.

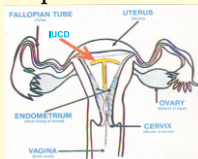


- Implant can be removed anytime the woman wishes to stop using it.
- The woman can fall pregnant immediately upon removal of the implant.
- The Implant should be inserted and removed by a trained medical person.

**Implants do not protect against STIs including HIV.**

## INTRAUTERINE CONTRACEPTIVE DEVICE (LOOP)

The Intrauterine Contraceptive Device (IUCD) or loop is a small plastic device which is placed inside a woman's womb to prevent pregnancy. For as long as it remains in the womb, a baby will not develop. It offers protection for up to 10 years.



## PERMANENT METHODS:

### Male Surgical Contraception (Vasectomy)

Male surgical contraception known as vasectomy is a method that is permanent and recommended for a man who does not want any more children. The man's tubes are blocked so that when he has sex his semen has no sperm to fertilise the woman's egg. It is a small and minor operation done at a hospital or clinic. It can be done while the man is awake after being given an injection on the area to prevent pain. The man will continue to enjoy sex as before without getting a woman pregnant.

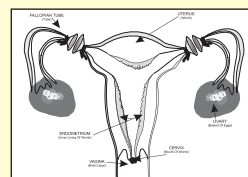
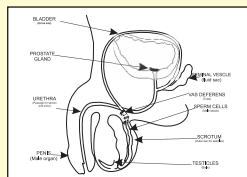
**Vasectomy is not reversible and does not protect against STIs including HIV.**

### Female Surgical Contraception (Tubal Ligation)

Tubal ligation is a method that is permanent and recommended for a woman who does not want any more children. The woman's tubes are blocked so that her eggs cannot travel to meet the man's sperms during sex. In many cases, the woman is awake during the operation. She may also be able to go home on the same day.

Tubal ligation is an effective method of contraception. A woman whose tubes have been blocked will still have her normal periods.

**Tubal ligation is not reversible and does not protect against STIs including HIV.**

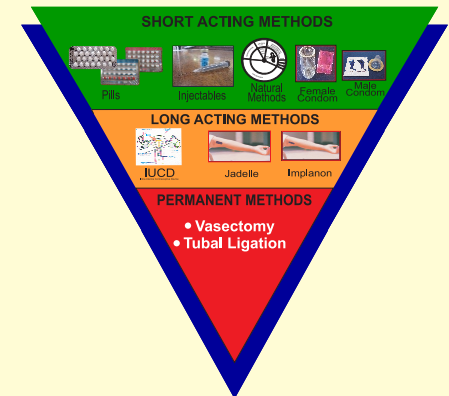


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# METHODS OF FAMILY PLANNING



Methods of family planning are classified into four broad categories namely:

**Short-acting,  
Long-acting,  
Natural,  
Permanent methods.**

Short-acting methods include the Pill, Condoms, Injectable, fertility awareness and Lactational amenorrhea method.

Long-acting methods include Implants and Intrauterine Contraceptive Device.

Permanent methods include Vasectomy and Tubal ligation.



ZIMBABWE NATIONAL  
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Family Planning: It's Your Choice

