

## **EXPERIMENT NO:-03**

### **AIM OF THE EXPERIMENT:**

To study about Family Planning Devices.

### **THEORY:**

Family Planning means to decide the number of & timing of child in the family. According to WHO it is defined as way of Living on the basis of knowledge, attitudes & responsible decisions by individual & couples in order to promote health care & welfare of the family group.

### **Why Use family Planning?**

You have the rights to choose how many Children to have & When...

### **How can Family Planning help you?**

- Healthier Mother & Children
- Fewer Children means more time & more for each one.
- Delaying Pregnancy lets young People stay in School.

### **Why use Family Planning?**

#### **Benefits:-**

- Mothers & babies are healthier when risky Pregnancy are avoided.
- Smaller Families mean more money & food for each child.
- Parents have more Time to Work & to be with Family.
- Delaying First or Second Pregnancy lets Young People stay in School.

### **Things to Consider:-**

- Many Young People use contraceptives to delay Pregnancy. Ideally Young women & Men should wait until at least 18years or have finished studies & are ready before having Children.
- After having a child, it is healthier to wait at least 2 years to try to become Pregnant again.
- Having more than 4 children makes children riskier.

### **There are many Method available:-**

- Do you have children? Do you want (more) children in the future?
- Do you want to prevent Pregnancy Now?
- Are you using family Planning method before?
- Have you use a Family Planning Method Now?
- Is there a Method you would like to use? What is it about that method that you like?
- Are you or your partner breastfeeding infant less than 6 months old?
- Are you concerned about STDs or HIV/AIDS?
- Do you have any health problems? If yes or No.

## **Comparing Family Planning Methods:**

### **There are many methods to choose from.**

- Some are more effective than others.
- Some are easier to use & some are harder to use.
- Methods that are harder to use may be less effective if you don't use them correctly.

### **Methods I can provide now:**

- Condoms
- Pills
- Injections
- Breastfeeding Method counselling.
- Standard days Method counselling.
- Withdrawal counselling.
- Emergency contraceptive Pills.

### **Methods provide at the clinics:**

- Implants
- IUD
- Female Sterilization
- Vasectomy.

## **THE PILLS:**

- Safe
- Effective when a pill is taken every day.
- Less monthly bleeding & Cramps.

### **What it is..**

- A Pill with hormones in it that is taken every day.
- Prevent release of egg & blocks Sperm from meeting egg.

### **How to use:**

- Take One Pill every day.
- When you finish a Pack of pills, start a new pack next day.

### **If you miss a Pill:**

- Take missed Pill as soon as possible.
- Okay to take 2 Pills at the same time.
- If you miss more than 2 days of Pills in a row, use condom for 7 days & keep taking Pills. If you miss these Pills in week 3, also skip the reminder Pills & start a new Pack.

### **What to expect..**

- Sometimes irregular bleeding at first, then followed by lighter monthly bleeding with less cramping.
- Some women have stomach upset or mild headaches that go away after first few months.

### **Key Points:-**

- Take a Pill every day.
- Be sure you have enough Pill. Get more before you run out.
- Use condoms if you needed Protection from STDs or HIV/AIDS

## **INJECTIONS:**

- Safe
- Hormone injections given every 2 months (NET-EN) or 3 months (DMPA)
- Very effective when injections are on time.
- Use can be Kept Private.

### **What it is..**

- Hormone Injection.
- Prevent release of egg.

### **How to use..**

- Get An Injection every 2 months (NET-EN) or 3 months (DMPA)
- If breastfeeding, can start 6 weeks after childbirth.
- Works best if you get your Injection on time.

### **If Late for an Injection:**

- DMPA: can still get an injection up to 4 week late.
- NET-EN: can still get an injection up to 2 week late.

### **What to expect...**

- Irregular bleeding at first, then spotting or no monthly bleeding. This common & safe.
- Possible slight weight change.

### **Key Point..**

- Does not cause infertility.
- Be sure to get next injection on time.
- Use condom if you need protection from STDs/HIV/AIDS.

## **MALE CONDOMS:-**

- Prevent both Pregnancy & sexually transmitted infections including HIV/AIDS.
- Effective when used correctly every time you have Sex.
- Easy to get & use.

### **What it is...**

- A thin rubber covering that fits over the erect Penis.
- Is a barrier that keeps Sperm out of the Vagina?

### **How to Use..**

- Put a new Condom onto erect Penis before each Sex act.
- Dispose of properly, in dustbin or latrine.

### **What to expect..**

- No Side-effect.

### **Key Points:**

- Can be used with other Family Planning Methods to prevent sexually transmitted infection including HIV.
- Important to use correctly.
- Partners must agree to use.

## **FEMALE CONDOM:**

- Prevents both Pregnancy & STDs including HIV/AIDS.

- Effective when used correctly every time you have Sex.

**What it is..**

- Plastic covering inserted into the Vagina before Sex.
- Is a barrier that keeps Sperm out of the Vagina?

**How to Use..**

- Insert new female condom into Vagina before every Sex act.
- Dispose of properly in dustbin.

**What to expect..**

- No side-effect.

**Key Point:**

- Can be used with other family Planning methods to prevent sexually transmitted infection including HIV.
- Important to use correctly every time you have Sex.
- Make sure Penis enters inside the condom ring & stays in during Sex.
- Partners must be agree to use.
- Emergency contraceptive Pills can be used if condom slips or is not used correctly.

**IMPLANTS:**

- Safe to use.
- One of the most effective methods.
- Lasts for 3to5 years.
- Can be removed any time if you want to get Pregnant.

**What to expect..**

- Changes in monthly bleeding including irregular bleeding, spotting heavier bleeding or no monthly bleeding are common & safe

**Key Point:**

- Use another methods if waiting for appointment.
- Use condoms if you need Protection from STDs or HIV/AIDS.

**IUD :-**

- Safe to Use.
- One of the most effective methods.
- Can be used for up to 12 years.

**What it is..**

- Small, flexible, Plastic”T” wrapped in Copper Wire that is placed in the Womb.
- Prevent Sperm from meeting the egg.

**How to Use..**

- Specially trained provider inserts & removes IUD.
- Nothing to remember to do after insertion

**What to Expect..**

- Some cramping & heavier bleeding during monthly bleeding in the first few months of use.

### **Key Points..**

- Use another method if waiting for appointment.
- Use condoms if you need Protection from STDs or HIV/AIDS.

### **FEMALE STERILIZATION:**

- Safe & Permanent method for women or couples who will not want more children.
- One of the most effective method.
- Simple operation

### **What to Expect..**

- After Procedure, nothing to remember & no side-effects.
- Do not need to be put to sleep during Procedure.
- Usually you can go home a few hours after procedure.

### **Key Points...**

- Permanent Method.
- Use Condoms if you need Protection from STDs or HIV/AIDS.

### **VASECTOMY:**

- Safe & Permanent method for men or couples who will not want more children.
- One of the most effective methods.
- Simple Operation.
- Must use back-up method for first 3months.

### **What it is..**

- Specially Trained provider makes two small cuts to reach the tubes that carry Sperm.
- Cut tubes, Testicles are not removed.

### **How to Use..**

- 3 months delay in taking effect. Couples must use another method until then.
- After 3 months, nothing to remember.

### **What to Expect..**

- Do not need to be put to sleeping during procedure.
- Usually you can go home a few hours after procedure.
- May have brushing & Soreness for a few day after procedure.

### **Key Point...**

- Does not decrease Sex drive, erection or ejaculation.
- Permanent Method.
- Use condoms if you need protection from STDs or HIV/AIDS.

### **STANDARD DAYS METHOD: Using Calendar or Cycle Beads:-**

- Help you know what days during the month you could get Pregnant.
- To prevent Pregnancy either avoid Sex or use condom on those days.
- Best used by women with regular monthly bleeding.

### **What it is...**

- Learning which days each month you could get Pregnant (Fertile days).
- Avoiding Sex or use a condom during fertile days.

**How to Use...**

- Use cycle beads or calendar to count of the cycle. Start with first day of monthly bleeding.
- Days 8 to 19 of every cycle are “Fertile Days”.
- Avoid unprotected Sex during fertile days.

**What to expect...**

- Partners must avoid sex or use condom for 12 days in a row, every month.
- No side-effect.

**Key Points..**

- Both partners must agree to avoid sex or use condoms on fertile days.
- If monthly bleeding becomes less regular, you may need to choose another method.
- Use condoms if you need protection from STDs or HIV/AIDS.

**EMERGENCY CONTRACEPTIVE PILLS:**

- Prevent pregnancy after unprotected sex.
- Work best when taken as soon as possible, up to 5 days after unprotected sex.
- Do not cause abortion.

**What it is..**

- Pill taken after unprotected sex to prevent Pregnancy.
- Prevent or delay release of egg.
- Does not cause abortion.

**How to Use..**

- Can take up to 5 days after unprotected sex.
- Works best when taken as soon as possible after unprotected sex.

**What to Expect...**

- Sometimes causes nausea, vomiting, vaginal discharge or bleeding for a few days.

**Key Points...**

- Does not prevent Pregnancy the next time you have sex does not protect against future acts of sexual intercourse.
- Regular methods are more effective, consider if there is a method you would like to use.
- Seek treatment if you may have been exposed to STDs

**Where to get:**

Emergency contraceptive pills.....

**RESULT:** Understood the study about Family Planning Devices