

Use family planning methods immediately after birth and early enough
so that you do not get pregnant quickly without knowing.



Congratulations for the Baby



Dear Husband/wife
If you have any inquiries about family
planning and reproductive health, please
visit the family planning clinic.

Call the Free hotline

"We are with you" hotline: **08008880800**



If you want to live in health and happiness,
start using family planning methods
immediately after birth.



Family planning methods after delivery

“Birth spacing for 5-3 year reassures you, your child and your family”.

Remember that:

- Pregnancy could happen early before the 40th day after birth, especially if you do not breastfeed.
- Breastfeeding could be an insufficient method for protection against pregnancy specially if:
 - If you do not breastfeed from both breasts, day and night or if you give the child artificial milk, fluid, food, or event water.
 - If your baby is more than 6 month old.
 - If you got your period back even if spotting.

In any of these cases you should immediately use a family planning method.

If you want to live in health and happiness, start using family planning methods immediately after birth.



Reassured that

- If you are breastfeeding, there are family planning methods that can be suitable for you.
- If you are not breastfeeding, there are methods that you can use immediately after delivery.
- You can insert a copper IUD immediately after delivery or during caesarian section or 4 weeks after delivery.
- You can insert an implant or use uni-hormonal pills at any time after delivery.
- The 3 months injection could be used even if you are breastfeeding but after 6 weeks of birth.

Come back if:

You want to ask, be reassured about your method, or you want to follow up on the method.





Ministry of Health and Population

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Family Planning Methods

Uni-hormonal Pills



Receiving correct health information
is one of your reproductive rights.

- Pills are a safe method if they are taken regularly.
- It could be used while breastfeeding and you can continue using it after weaning.
- You have to take it daily at the same time.
- You should continue the cycle of pills (the whole strip) even if you get your period.
- If you have forgotten a pill, you must take one once you remember and take the next one on time. Avoid sexual intercourse or use the condom for two days and consult the physician immediately.
- Before you run out of pills, you should come to the clinic and take another strip.
- If you had vomiting within 2 hours after taking the pill, you should take another one.

Remember that



Come back if

- If you want to ask about anything.
- If you want to change the family planning method.
- If you had a severe hemorrhage or it lasts more than 8 days.
- Severe lower abdominal pain.
- Severe headache that increases with light.

Don't worry if

- Spotting or bleeding other than during the period.
- Headache, tendency to vomit or breast pain.

Take care that

- Early pregnancy (before 18 years) increases the risk of delivery of low-birth weight baby.
- Follow up of your weight and blood pressure with the nurse in each visit is important.

All these symptoms will decrease with time.



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Family Planning Methods

Combined Pills



Receiving correct health information
is one of your reproductive rights.

- Pills are a safe method if they are taken regularly.
- You have to take it daily at the same time.
- When you finish the strip stop for 7 days and start a new strip even if you missed your period.
- If you have forgotten a tablet, you must take one once you remember and take the next one on its time and complete the strip.
- If you forget more than two tablets, take one once you remember, the second on its time and avoid sexual intercourse or use the condom for one week and consult the physician immediately.
- If you had vomiting within 2 hours after taking a pill, take another one immediately and complete the strip as usual.

Remember that

Come back if

- If you want to ask about anything.
- If you want to change the family planning method.
- If you had diarrhea for more than two days.
- If you missed more than two pills, especially if you had intercourse during that time.
- Severe headache or headache that increases with light.
- Severe lower abdominal pain, chest pain or pain in the legs.
- Yellowish tint to the skin and eyes
- Blurring of vision.

Take care that

- Follow up of your weight and blood pressure with the nurse in each visit is important.
- The best age for pregnancy and delivery is 35-20 years.
- Early pregnancy (less than 18 years) and late pregnancy (more than 35 years) causes many risks to both the mother and the child.

Don't worry if

- Light headache or desire to vomit and this will disappear with time.
- Mild breast pain.
- Mild change in weight.





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Family Planning Methods

Uni-Hormonal injections



Receiving correct health information
is one of your reproductive rights.

- The injection is a safe method.
- It could be used while breastfeeding.
- It is taken every 3 months regularly and without any delay, as delay may cause pregnancy.

- If you want to ask about anything.
- If you want to change the family planning method.
- Severe headache that increases with light.
- Severe bleeding or bleeding for more than 8 days.

Remember that

Come back if

Don't worry if

Take care that



- Spotting or bleeding other than during the period and this will decrease after months.
- Absence of the menstrual cycle as it does not form or accumulate inside the body.
- Light headache or dizziness but these symptoms will decrease after few months.
- Mild increase in body weight.

- Follow up of your weight and blood pressure with the nurse in each visit is important.
- The best age for pregnancy and delivery is 35-20 years.
- Early pregnancy (less than 18 years) and late pregnancy (more than 35 years) will cause many risks to both the mother and the child.



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Family Planning Methods

Combined injections



Receiving correct health information
is one of your reproductive rights.

- The injection is a safe method.
- It should be taken every 28 days regularly and without any delay, as delay may cause pregnancy.
- You should check your blood pressure every time you take the injections.
- The injection protects against uterine and ovarian cancer.

- If you want to ask about anything.
- If you want to change the family planning method.
- Severe headache or headache that increases with light.
- Severe lower abdominal pain, chest pain or pain in the legs.
- Yellowish tint to the skin and eye.

Remember that

Come back if

Don't worry if

Take care that



- Spotting or bleeding other than during the period.
- Light headache or dizziness.

- Follow up of your weight and blood pressure with the nurse in every visit is important.
- The best age for pregnancy and delivery is 35-20 years.
- Early pregnancy (less than 18 years) and late pregnancy (more than 35 years) causes many risks to both the mother and the child.

All these symptoms will decrease with time.



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Family Planning Methods

Sub-dermal Uni-hormonal injection



Receiving correct health information
is one of your reproductive rights.

- The injection is a safe method.
- It could be used while breastfeeding.
- It should be taken every 3 months regularly and without any delay, as delay may cause pregnancy.
- It should be taken sub-dermal in the upper front part of the thigh or the back of upper arm or the abdomen and you can give it to yourself easily.

- If you want to ask about anything.
- If you want to change the family planning method.
- If you had a severe hemorrhage or it lasts more than 8 days.
- Severe headache that increases with light.

Remember that

Come back if

Don't worry if

Take care that



Mild symptoms such as:

- Spotting or bleeding other than during the period that decreases after months.
- Absence of the menstrual cycle, as it does not form or accumulate inside the body.
- Light headache or drowsiness or mild pain in the breast. These symptoms decrease after few months.
- Mild increase in weight.

- The optimal period for birth spacing is from 5-3 years.
- The best age for pregnancy and delivery is 35-20 years.
- Early pregnancy (less than 18 years) and late pregnancy (more than 35 years) will cause many risks to both the mother and the child.
- Follow up of your weight and blood pressure with the nurse in every visit is important.



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Family Planning Methods

Local suppositories



Receiving correct health information
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- The effect of the suppository increases if it is used with male condom.
- After using it, you should not do vaginal douches until 6 hours after the intercourse
- It should not be used more than twice per day.
- It should be inserted as high as possible inside the vagina.
- You should use it 10 minutes to one hour prior to intercourse, depending on its type.
- Keep it in a dry and cold place.

- If you want to ask about anything.
- If you want to change the family planning method.
- If the menstrual cycle was late.
- If the discharges and itching continues.

Remember that

Come back if

Don't worry if

Take care that



- Discharges or warmth in the vagina.
- An itching desire immediately after using it.

- The optimal period for birth spacing is from 5-3 years.
- The best age for pregnancy and delivery is 35-20 years.
- Early pregnancy (less than 18 years) and late pregnancy (more than 35 years) causes many risks to both the mother and the child.



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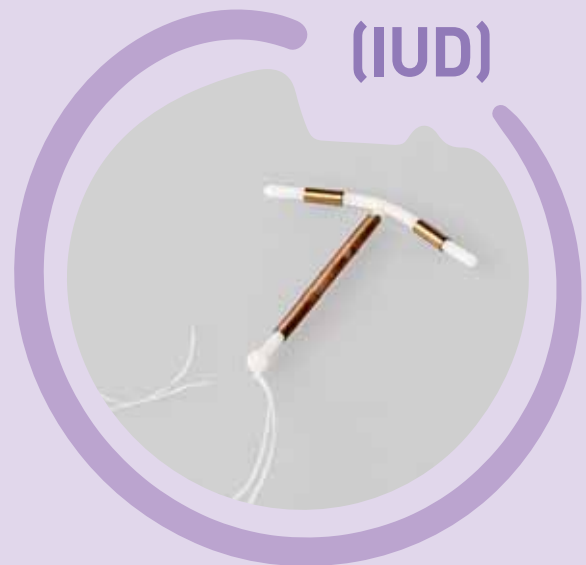


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Family Planning Methods

Copper Intra uterine device (IUD)



Receiving correct health information
is one of your reproductive rights.

- The IUD is a safe method.
- Once placed in the uterus, its effectiveness lasts for twelve years.
- You can remove it anytime and pregnancy could happen afterword.
- It is suitable for breastfeeding and non-breastfeeding women.

- If you want to ask about anything.
- If you want to change the family planning method.
- If the menstrual cycle was late.
- Severe lower abdominal pain.
- Severe hemorrhage or hemorrhage that lasts more than 8 days.
- If you felt the IUD thread is longer or disappeared.

Remember that

Come back if

Don't worry if

Take care that



- Mild lower abdominal pain after insertion.
- Spotting or bleeding other than during the period.
- Increase in the amount of bleeding or days of the cycle.

All these symptoms will decrease with time.

- The optimal period for birth spacing is from 5-3 years.
- The best age for pregnancy and delivery is 35-20 years.
- Early pregnancy (less than 18 years) and late pregnancy (more than 35 years) will cause many risks to both the mother and the child.



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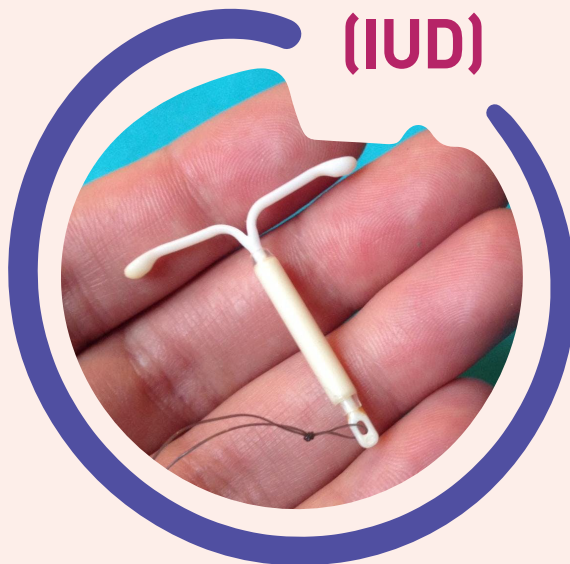


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Family Planning Methods

Hormonal Intra-uterine device (IUD)



Receiving correct health information
is one of your reproductive rights.

- The IUD is a safe method.
- Once placed in the uterus, its effectiveness lasts for five years.
- You can remove it anytime and pregnancy could happen afterwards.
- It is suitable for breastfeeding and non-breastfeeding women.
- It helps decrease the amount of menstrual blood and the associated pain.

- If you want to ask about anything.
- If you want to change the family planning method.
- Severe lower abdominal pain.
- If the menstrual cycle was late.
- Severe hemorrhage or hemorrhage that lasts more than 8 days.
- If you felt the IUD thread became longer or disappeared.

Remember that

Come back if

Don't worry if

Take care that



- Mild lower abdominal pain after insertion.
- Spotting or bleeding other than during the period.
- Mild headache or desire to vomit or mild pain in the breast and these symptoms decrease after few months.

- The optimal period for birth spacing is from 5-3 years.
- The best age for pregnancy and delivery is 35-20 years.
- Early pregnancy (less than 18 years) and late pregnancy (more than 35 years) causes many risks to both the mother and the child.



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Family Planning Methods

Multi-load Copper Intra uterine device (IUD)



Receiving correct health information
is one of your reproductive rights.

- The IUD is a safe method.
- Once placed in the uterus, its effectiveness lasts for five years.
- You can remove it anytime and pregnancy could happen afterwards.
- It is suitable for breastfeeding and non-breastfeeding women.

- If you want to ask about anything.
- If you want to change the family planning method.
- Severe lower abdominal pain.
- If the menstrual cycle was late.
- Severe hemorrhage or hemorrhage that lasts more than 8 days.
- If you felt the IUD thread became longer or disappeared.

Remember that

Come back if

Don't worry if

Take care that



- Mild lower abdominal pain after insertion.
- Spotting or bleeding other than during the period.
- Increase in the amount of bleeding or days of the cycle.

- The optimal period for birth spacing is from 5-3 years.
- The best age for pregnancy and delivery is 35-20 years.
- Early pregnancy (less than 18 years) and late pregnancy (more than 35 years) causes many risks to both the mother and the child.



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Family Planning Methods

Male condom



Receiving correct health information
is one of your reproductive rights.

- Male condom is a method that enables the husband to participate in family planning.
- It protects against sexually transmitted infections.
- It is used from the beginning of the intercourse.
- A new condom is used with each intercourse.
- The effectiveness of the condom increases if it is used with vaginal suppository.
- Keep it away from heat and direct light.

- If you want to ask about anything.
- If you want to change the family planning method.
- If the condom was cut during intercourse.
- If the condom slipped into the vagina when the penis was pulled out.
- Severe itching or burning sensation after the use of the condom.

Remember that

Come back if

Ensure with your husband that

Take care that

- The condom is intact before and after the intercourse.
- If itching or burning sensation happened, it should be mild and might not happen.

- Early pregnancy (before 18 years) increases the risk of delivery of low-birth weight baby.
- Follow up of your weight and blood pressure with the nurse in each visit is important.





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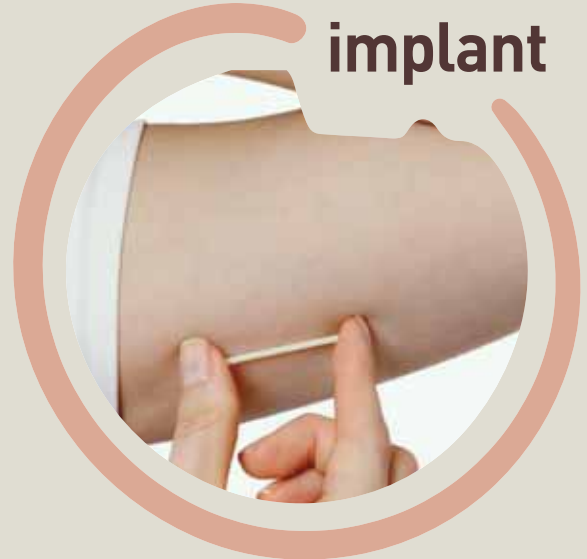


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Family Planning Methods

Sub-dermal implant



Receiving correct health information
is one of your reproductive rights.

- The implant is a safe method.
- It delays pregnancy for 3 years.
- You can use it with breastfeeding.
- It does not affect the movement of the arm.
- Pregnancy could happen rapidly after removing it.
- It could be used immediately after delivery.

- If you want to ask about anything.
- If you want to change the family planning method.
- If there is redness or warmth in the place of insertion.
- Severe hemorrhage or hemorrhage that lasts more than 8 days.
- Severe lower abdominal pain.

Remember that

Come back if

Don't worry if

Take care that



- Mild pain at the site of insertion ends within days.
- Spotting or bleeding other than during the period that decrease after months.
- Absence of the menstrual cycle as it does not form or accumulate inside the body.
- Headache at the beginning of use.
- Mild pain in the breast.
- Mild change in body weight.

- The optimal period for birth spacing is from 5-3 years.
- Frequent and too close pregnancies increase the possibility of anemia.



- Regular use of family planning method will protect you from unwanted pregnancy.
- Delay in use of FP methods may cause pregnancy.



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Emergency contraceptive pills



Receiving correct health information
is one of your reproductive rights.

- The emergency pills are temporary method.

- They protect you from pregnancy in emergency conditions.

- You should use another method in the same day or the next day and continue using it.

- You can use these pills within 5 days from unprotected intercourse.

- It is more effective when you use it early.

- If you want to ask about anything.

- If you want to use an effective family planning method.

- If you missed your period for one week.

Remember that

Come back if



Don't worry if

Used in the following conditions

- If vomiting happened within two hours from taking it, take another pill.

- Spotting or bleeding other than during the period.

- Late or early menstruation.

Unprotected intercourse:

- Missed 3 pills of the combined pills and had intercourse within that period.

- Missed one pill of uni-homronal family planning method and had intercourse during that period.

- Slipping of male condom, or cut during intercourse.

Be assured that

- **IUD**

A safe and effective method for 12 years and could be removed anytime and pregnancy could happen soon.

- **Implants**

A safe method and delays pregnancy for 3 years and could be used while breastfeeding.

- **Uni-Hormonal injection**

A safe method and could be used while breastfeeding and should be taken every 3 month regularly and without a delay.

- **Monthly injection**

A safe method that should be taken every 28 days regularly and without a delay.

- **Uni-Hormonal Pills**

A safe method that could be used while breastfeeding and should be taken daily on the same time.

- **Combined pills**

A safe method, take one pill daily at the same time, and when you finish the strip, stop for 7 days and start a new strip immediately.

Missing or delaying the time of administration of any method could lead to pregnancy.

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We are waiting

Will help you in choosing and you take the decision.



Family planning is your decision ...we are waiting for you...will support you making your choice

Dear Beneficiary

In the family planning clinic you will find a trained medical team that

Will provide you with counseling about available family planning services.

Will propose to you a variety of methods and help you in choosing the most appropriate one for you.

Also, will examine you and measure your blood pressure to reassure you.

If you have inflammation, will examine you and provide you with treatment.

Will teach you how to do breast self-examination that is important for early detection of cancer.

If you need to do an ultrasound, will do it for you and reassure you.

Will find all these services free of charge in the unit and the mobile clinic.

Choice is your right, decision is your responsibility, and having children is a responsibility

Take care

- Birth spacing for 5-3 years will protect you from the risks of frequent pregnancies and will keep you and your family safe.
- If you are not breastfeeding, you can get pregnant after 4 weeks from giving birth, so it is important to use a family planning method the soonest and all methods may suit you.
- If you are breastfeeding, you can start with IUD immediately after birth, an implant, or uni-hormonal pills. If you did not have the time to insert an IUD within 48 hours after delivery, you can inset it at 4 weeks after birth.
- If you are breastfeeding, you can use the 3 month injections after 6 weeks of birth.

