**Family planning/contraception methods**

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Methods of contraception include oral contraceptive pills, implants, injectables, patches, vaginal rings, intra uterine devices, condoms, male and female sterilization, lactational amenorrhea methods, withdrawal and fertility awareness-based methods

hat is the definition of family planning its methods?

According to the World Health Organization (WHO), family planning is defined as “the ability of individuals and couples to anticipate and attain their desired number of children and the spacing and timing of their births.

Family Planning method

Hormonal contraceptive methods include oral contraceptives pills, injectables, and implants.

Oral contraceptive pills should be taken one pill every day.

. Injectable contraceptives are given by injection into a woman’s arm or buttocks once every 1, 2, or 3 months, depending on the type of injectable

Contraceptive implants are inserted under the skin of a woman’s upper arm and provide continuous, highly effective pregnancy protection for 3 to 5 years, depending on the type of implant.

. Emergency contraceptive pills (ECPs) can help prevent pregnancy if taken within 5 days after unprotected sex

. Intrauterine contraceptive devices (IUDs or IUCDs) are small, flexible plastic devices that are inserted into the woman’s uterus. The most common IUDs contain copper, and they work by preventing sperm from reaching an egg. Depending on the type, IUDs can provide protection for 5 to 12 years.

Barrier methods are either devices (male and female condoms) that physically block sperm from reaching an egg, or chemicals (spermicides) that kill or damage the sperm in the vagina

Fertility awareness methods require a couple to know the fertile days of the woman’s menstrual cycle — the days when pregnancy is most likely to occur. During these fertile days the couple must avoid sex or use a barrier method to prevent pregnancy.

Breastfeeding provides contraceptive protection for the first 6 months after delivery if certain conditions are met. This approach is called the Lactational Amenorrhea Method or LAM

Female and male sterilization are permanent methods of contraception.

Type of contraceptive

Combined oral contraceptives (CCs).

progestin-only pills (s). Another type of oral contraceptive pills contains only one synthetic hormone — progestin. These pills are often called progestin-only pills or the “mini-pill.”

Intrauterine contraceptive devices (IUs or IUCs) are small, flexible plastic devices that are inserted into the woman’s uterus. The most common IUs contain copper, and they work by preventing sperm from reaching an egg. depending on the type, IUs can provide protection for 5 to 12 years

hormonal IU. A hormonal IUD very slowly and continuously releases a small amount of a progestin hormone. It works by thickening the cervical mucus, making it hard for sperm to pass from the vagina into the uterus. It also prevents ovulation in some women and keeps the lining of the uterus from growing

Barrier methods are either devices (male and female condoms) that physically block sperm from reaching an egg, or chemicals (spermicides) that kill or damage the sperm in the vagina. The effectiveness of barrier methods greatly depends on people’s ability to use them correctly every time they have sex.

Spermicides. Spermicides are chemical substances that are inserted deep into the vagina shortly before sex to kill or disable sperm.

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Standard day method. To use SDM, the couple avoids unprotected sex from day 8 through day 19 of every cycle, counting the first day of monthly bleeding as day one

Breastfeeding provides contraceptive protection for the first 6 months after delivery if certain conditions are met. This approach is called the lactational Amenorrhea method or LM A.

female and male sterilization are permanent methods of contraception. Sterilization involves a relatively simple surgical procedure that provides life-long protection against pregnancy

male sterilization. Male sterilization — or vasectomy — is an even simpler surgical procedure.