

A contented family of five surrounded by illustrations of family planning methods. Colour lithograph by Rivers State Ministry of Health, Nigeria ca. 1990.

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FAMILY PLANNING METHODS.

CONDOM (CAP).

- *The condom is a thin rubber worn over the erect penis.
- *It prevents sperm from entering the vagina.
- *It must be removed and thrown away after use.
- *It protects against sexually transmitted diseases.
- *It is 85 - 97% reliable.



IUCD (COPPER-T).

- *The IUCD prevents the woman's egg and man's sperm from joining.
- *It is normally inserted during menstrual period.
- *It is inserted by medically trained persons.
- *The string attached to the IUCD should be checked regularly.
- *It provides 3-4 years protection once inserted.
- *The IUCD is 90 - 98% reliable.



THE PILL.

- *The Pill prevents the ovaries from releasing eggs.
- *It must be taken according to instruction.
- *It is easy to use.
- *It is 90 - 99% reliable.



INJECTABLES

- *The injectable prevents the ovaries from releasing eggs.
- *It is given to women who already have children.
- *It should be administered by medically trained persons.
- *It can be used by nursing mothers.
- *It is 96 - 99% reliable.



SPERMICIDES (FOAMING TABLETS).

- *A foaming tablet must be inserted into the vagina at least five to ten minutes before intercourse.
- *It is convenient and easy to use.
- *It serves as lubricant for vagina.
- *It is 75 - 90% reliable.



VOLUNTARY SURGICAL CONTRACEPTION

- *The tubes through which sperm or eggs pass are tied or blocked to prevent pregnancy.
- *It has no side effect.
- *A man or woman is able to have sex just as he or she did before.
- *It is very effective and is permanent.
- *It is used when the family has completed the number of children desired.
- *It is 99.9% reliable.



THE BEST FAMILY PLANNING METHOD IS THE METHOD SUITABLE, AFFORDABLE AND ACCESSIBLE TO THE INDIVIDUAL.

** ANY OF THE ABOVE METHODS NEEDS MEDICAL ADVICE.

For further information contact Ministry of Health, the nearest Clinic or Health Centre

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