

**Types of family planning methods in Nigeria. Colour lithograph by The Society for Family Health, ca. 2000.**

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# Your Customers Want to Know More About *Family Planning*



## Oral Pills



## Condoms



## Spermicides



*Who can use the family planning methods your pharmacy offers?*

Any woman can use **Oral Pills** if she is:

- Not pregnant,
- Under age 40, and
- In good health.

Any man can use **Condoms**. It is important to use them every time, and to use them correctly.

Most couples can use **Spermicides** effectively if they are prepared to use them every time.



*How do I know whether pills, condoms, or spermicides are best for me?*

**Pills** are especially good for couples who want a very effective temporary family planning method. **Pills** are very convenient.

**Condoms** are best for couples who want protection from STDs. **Condoms** are easy to carry and use.

**Spermicides** are very helpful for couples who want a temporary and convenient method.

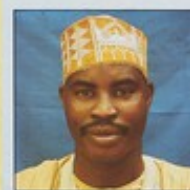


*How can I learn how to use the family planning methods you offer?*

It is important to take one **Pill** every day as directed. Women who are breastfeeding should use **Minipills**.

Follow the instructions in the **Condom** packet carefully. Use a new **Condom** for every round of sexual intercourse.

Follow the instructions in the **Spermicide** packet carefully. Use another dose for each round of sexual intercourse.



*What else do I need to know about pills, condoms and spermicides?*

**Pills** may cause some side effects, such as headaches or nausea. These effects are not harmful and often go away in a few months.

The **Condom** has no side effects, although some couples find that it decreases sensation during sexual intercourse.

**Spermicides** may sometimes cause mild irritation in the vagina, but many couples enjoy the extra lubrication they provide.

Customers also want to know about other safe, effective, and convenient methods:

**Injectable** contraceptives are effective for two to three months at a time. Trained service providers give the injection.

**The IUCD** (Intra-Uterine Contraceptive Device) is inserted inside a woman's uterus, preventing pregnancy for up to six years.

**Norplant** is six small plastic rods that are inserted under the skin of a woman's arm, preventing pregnancy for five years.

**Voluntary Surgical Contraception** is a permanent method for men or women who have all the children they want.

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