

WANT TO LEARN MORE ABOUT CONTRACEPTIVES ?



Healthy Families for a Prosperous Life!



Contraceptive Choices In Kenya

What are contraceptives? A contraceptive is something that can prevent pregnancy. There are many types of contraceptives available in Kenya.

Should I talk to a health care provider about contraceptives?

Answer these questions to find out.

1. Do you wish to have children in the future?
☐ **yes** ☐ **no**
2. Are you breastfeeding an infant over 6 months old?
☐ **yes** ☐ **no**
3. Have you talked with your partner about family planning?
☐ **yes** ☐ **no**
4. Do you want to learn more about your contraceptive options?
☐ **yes** ☐ **no**

If you answered 'Yes' to any of the questions above, visit a health care provider to learn more about how to prevent pregnancy. Husbands and partners are welcome!

No time to see a health care provider right now? Keep reading to learn more. Meanwhile, use a condom correctly every time you have sex until you can meet with a health care provider to discuss more.

This brochure has been adapted from one used during the 2009 World Contraception Day, which had borrowed from the Balanced Counseling-Plus (BCS+) materials.

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Standard Days Method (SDM)

J A N U A R Y	Mon	Tue	Wed	Thu	Fri	Sat	Sun
							1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	31					

General information:

- You keep track of your menstrual cycle to know the days you can get pregnant (fertile days).
- Can be used only by women whose menstrual cycles are between 26-32 days long.
- You use a calendar to track the days you can get pregnant and the days you are not likely to get pregnant.
- Couple should abstain from sex or use condoms on fertile days.
- Requires partner's cooperation.
- Does not protect against sexually transmitted infections (STIs), including HIV.

Effectiveness for pregnancy prevention: If correctly followed, SDM prevents pregnancies in 95 out of 100 women using this method.

How method works:

- The days you can get pregnant are days 8-19 of your menstrual cycle.
- On those days you must abstain from having vaginal sex to avoid getting pregnant. Or, you can also use a condom.

Important facts/Health Benefits:

- No known health risks.
- Is a natural method that allows you to adhere to your religious or cultural norms about contraception.

Method not advised if you:

- Do not have menstrual cycles that are between 26-32 days long.
- Are not willing or able to abstain from sex or use a condom during the days you can get pregnant.
- Cannot keep track of the days of your menstrual cycle.
- Have not had at least 3 consecutive menstrual cycles since giving birth.
- Have not resumed menstruation after discontinuing a hormonal method (pills, injectable or implants).



Lactational Amenorrhea Method (LAM)



General information:

- LAM is a temporary family planning method based on breastfeeding. It helps to delay return to fertility after having a baby.
- To be effective, LAM requires 3 conditions. All 3 must be met:

1. Your monthly bleeding has not returned since giving birth.
2. The baby is fully breastfed and is fed often, day and night.
3. The baby is less than 6 months old.

- Safe for all women, including those living with HIV.
- There is a small chance, however, that the virus will be transmitted to a baby through breast milk.
- Does not protect against sexually transmitted infections (STIs), including HIV.

Effectiveness for pregnancy prevention: If all the three conditions are met, LAM prevents pregnancies in 98 out of 100 women using this method.

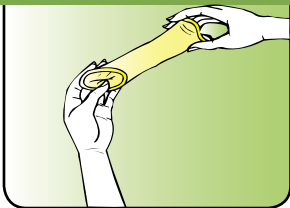
How method works:

- Frequent breastfeeding prevents the release of eggs from her ovaries (ovulation).

*Want to learn more about birth spacing?
Talk to a health care provider.*



Female Condoms



General information:

- The female condom is a sheath made of a transparent film with flexible rings at both ends. It is the same length as the male condom.
- You must use a new condom for each act of sex.

- Require partner's cooperation.
- Protect one from sexually transmitted infections (STIs), including HIV.

Effectiveness for pregnancy prevention: As commonly used, female condoms prevent pregnancy in 79 out of 100 women using this method. If used correctly, female condoms prevent pregnancy in 95 out of 100 women using this method.

How method works:

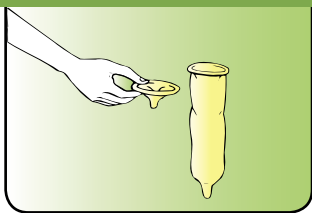
- The condom forms a barrier that keeps sperm out of the vagina during sex and this prevents pregnancy.
- It also protects you from getting or giving STIs or HIV.
- Must not be used if the partner is using a male condom.
- The friction between the two condoms may cause one or both to tear.

Important facts/Health benefits:

- Can be used without seeing a health provider.
- Can be used as a temporary or backup method.
- Can be safely used during pregnancy to protect mother and fetus against sexually transmitted infections.



Male Condoms



General information:

- Most condoms are made of thin latex rubber. Some condoms are coated with a lubricant and/or spermicide.

- You must use a new condom for each act of sex.
- Require partner's cooperation.
- Protect one from sexually transmitted infections (STIs), including HIV.

Effectiveness for pregnancy prevention: As commonly used, prevents pregnancies in 85 out of 100 women using the male condom. If used correctly, male condom prevents pregnancies in 98 out of 100 women using this method.

How method works:

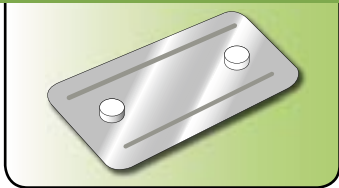
- The condom forms a barrier that keeps sperm out of the vagina during sex and prevents pregnancy.

Important facts/Health benefits:

- Can be used without seeing a health provider.
- Can be used as a temporary or backup method.
- Can be safely used during pregnancy to protect mother and fetus against sexually transmitted infections.



Emergency Contraceptive Pills (ECPs)



General information:

- The only method that can help prevent pregnancy after a woman has had unprotected sex.
- Must be used within 5 days of having unprotected sex, the sooner the better.
- Not recommended for regular use. It is not as effective as a regular method of contraception.

- ECPs do not work if a woman is already pregnant.
- Safe for all women, including those living with HIV.
- Do not protect against sexually transmitted infections (STIs), including HIV.

Effectiveness for pregnancy prevention: If used correctly, Emergency Contraceptive Pills prevent pregnancies in 85 to 98 out of 100 women using this method, depending on pill regimen and how soon after unprotected sex it was taken (the sooner it is taken, the more effective it is).

How method works:

- Works primarily by preventing the release of eggs from the ovaries (ovulation).
- It also stops fertilization of the egg and the sperm.

Important facts/Health benefits:

- You can use ECPs if there has been forced sex (rape) or any unprotected sex.
- You can use them if there have been contraceptive mistakes or failures, as a back-up method.
- They should not be used in place of an on-going contraception method.

Have you had unprotected sex? Visit a health care provider.



Oral Pills



General information:

- Requires that you take one (1) pill every day.

- Safe for majority of women, including those living with HIV.
- Does not protect against sexually transmitted infections (STIs), including HIV.

Effectiveness for pregnancy prevention: As commonly used, the Pill prevents pregnancies in 92 out of 100 women using this method.

Important facts/Health benefits:

- Can be stopped at any time without a provider's help
You control the method.
- Does not interfere with sex.
- Reduces menstrual cramps and menstrual bleeding problems.
- Helps protect from cancer of the ovaries, cancer of the lining of the uterus, and from some other gynecological conditions.
- Breastfeeding mothers should wait until the baby is six months old to start the pill.
- Immediate return to fertility after stopping use.



The Minipill (for breastfeeding mothers)



General information:

- Requires that you take one (1) pill every day.
- Safe for women who are breastfeeding. You may begin the minipill four (4) weeks after giving birth.
- Safe for majority of women, including those living with HIV.

- Does not protect against sexually transmitted infections (STIs), including HIV.

Effectiveness for pregnancy prevention: If used by breastfeeding women, the minipill prevents pregnancies in 99 out of 100 women using this method. It is less effective in women who are not breastfeeding.

How method works:

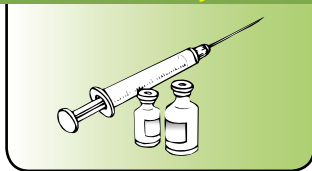
- Works primarily by preventing the release of eggs from the ovaries (ovulation).

Important facts/Health benefits:

- Can be stopped at any time without a provider's help.
- You control the method.
- Does not interfere with sex.
- Does not affect quality or quantity of breast milk.



The 3-month Injectable



General information:

- You get an injection every 3 months.
- Safe for women who are breastfeeding. You may begin the method four (4) weeks after giving birth.
- Safe for majority of women, including those living with HIV.
- Does not protect against sexually transmitted infections (STIs), including HIV.

Effectiveness for pregnancy prevention: As commonly used, injectable contraceptives prevent pregnancies in 97 out of 100

women using this method. When used correctly 99 out of 100 pregnancies are prevented.

How method works:

- Work primarily by preventing the release of eggs from the ovaries (ovulation).
- It also stops the sperms from meeting the egg.

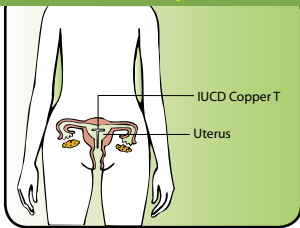
Important facts/Health benefits:

- Provides protection from pregnancy for three months at a time.
- Private. No one can tell you are using an injectable.
- Does not interfere with sex.
- Protects from cancer of the lining of the uterus and some other gynecological conditions.
- Return to fertility after use may take about 3-9 months.

Not ready for pregnancy now? Visit a clinic to learn your contraceptive options.



Intrauterine Contraceptive Device (IUCD) or "Coil"



General information:

- Provides long-acting protection against pregnancy for up to 12 years.
- It is a small, flexible, T-shaped plastic device with copper bands on its arms and stem.
- It is placed into the uterus and removed by a trained provider.

- Safe for majority of women, including those living with HIV.
- Does not protect against sexually transmitted infections (STIs), including HIV.

Effectiveness for pregnancy prevention: The IUCD prevents pregnancies in 99 out of 100 women using this method.

How method works:

- Works primarily by preventing the sperm and egg from meeting.

Important facts/Health benefits:

- One of the most effective and long-acting methods.
- Private. No one can tell you are using an IUCD.
- Does not interfere with sex.
- Does not require you to do anything once the IUCD is inserted.
- Helps protect from the cancer of the lining of the uterus.
- Immediate return to fertility after IUCD is removed.



Implants



General information:

- Are small rods or capsules (about the size of a match stick) put under the skin.
- Provide long-term protection from pregnancy for 3 to 5 years, depending on the type of the implant.
- Safe for women who are breastfeeding. You may get implants four (4) weeks after giving birth.

- Safe for majority of women, including those living with HIV.
- Do not protect against sexually transmitted infections (STIs), including HIV.

Effectiveness for pregnancy prevention: Implants prevent pregnancies in 99 out of 100 women using this method.

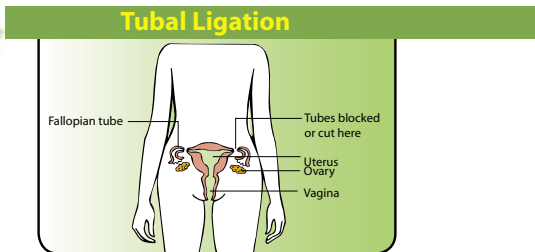
How method works:

- Works primarily by stopping the sperm from meeting the egg.
- It also prevents the release of eggs from the ovaries (ovulation).

Important facts/Health benefits:

- One of the most effective and long-acting methods.
- Immediate return to fertility after implant is removed.
- Private. No one can tell you are using an implant.
- Does not interfere with sex.
- Can help reduce certain types of anemia, fibroids and cancer of the lining of the uterus.

Want to learn more about birth spacing? Talk to a health care provider.



General information:

- Permanent and safe method for women and couples who will not want more children.

- Involves a surgical procedure.
- Protects against pregnancy right away.
- Safe for all women, including those living with HIV.
- Does not protect against sexually transmitted infections (STIs), including HIV.

Effectiveness for pregnancy prevention: If performed correctly, tubal ligation prevents pregnancies in 99 out of 100 women using this method.

How method works:

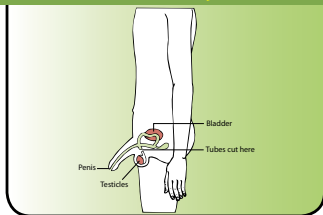
- A trained provider makes a small incision on the abdomen, then ties off (or cuts) the two fallopian tubes, which normally carry the eggs from the ovaries to the uterus.
- With the tubes blocked, the eggs cannot move down the tubes and meet the sperm.
- The method is permanent.

Important facts/Health benefits:

- No need to worry about contraception again.
- Easy to use, nothing to do or remember.
- Does not affect sexual desire.
- May help protect from ovarian cancer.
- Because the procedure is permanent, any woman who considers undergoing tubal ligation should discuss all available options with a health provider, to avoid regret later on.



Vasectomy



General information:

- Permanent and safe method for men and couples who will not want more children.
- Does not affect male sexual performance or male traits.
- Does not protect from pregnancy immediately.
- There is a 3-month waiting period before the method becomes effective. During this 3-month waiting period, you must use condoms or another method.
- Safe for all men, including those living with HIV, even if he takes antiretroviral (ARV) medicines.
- Does not protect against sexually transmitted infections (STIs), including HIV.

Effectiveness for pregnancy prevention: If procedure is correctly performed, vasectomy prevents pregnancies in 99 out of 100 women relying on this method.

How method works:

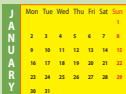
- A trained provider makes a simple cut and closes off the tubes from the testicles to the penis (vas deferens).
- Vasectomy is *not* castration.
- Closing off the tubes keeps sperm out of the semen.
- Men continue to have erections and ejaculate semen.
- However, the semen *does not* have sperm in it, so can not make a woman pregnant.

Important facts/Health benefits:

- No need to worry about contraception again.
- Easy to use, nothing to do or remember.
- Does not affect sexual desire.
- There are no health risks.
- Because the procedure is permanent, any man who considers undergoing vasectomy should discuss all available options with a health provider, to avoid regret later on.

Do not want more children? Visit a clinic with your partner to learn your contraceptive options.

Contraceptive Choices in Kenya



Standard Days Method



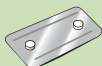
Lactational Amenorrhea Method



Female Condoms



Male Condoms



Emergency Contraceptive pills



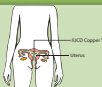
Oral Pills



Minipills (For breastfeeding mothers)



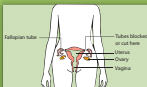
3-month Injectables



Intrauterine Contraceptive Device (Coil)



Implants



Tubal Ligation



Vasectomy

**Want to learn more about your options?
Visit a health care provider today.**

Husbands and Partners are welcome!

References:

- Ministry of Health (2008). Feasibility, Acceptability, Effect and Cost of Integrating C & T for HIV within Family Planning Services in Kenya.
- Ministry of Public Health and Sanitation (2010). National Family Planning Guidelines for Service providers. Updated to Reflect the 2009 Medical Eligibility Criteria of the World Health Organization.
- World Health Organization (2007). Family Planning. A Global Handbook for Providers.