

Family Planning

Most women can get pregnant from when they are teenagers until they are in their late 40s. Half of all pregnancies are unplanned. Family Planning helps you plan when and how many children you have.

Family Planning Methods (Birth Control)

There are many methods. Each method has its good side and bad side. Some methods you need to see your doctor to get them and others you can get without seeing your doctor.

You need to see your doctor for:

- birth control pill
- injections
- vaginal ring
- skin patch
- intrauterine device (IUD)
- diaphragm
- Lea's Shield
- cervical cap
- Emergency Contraception



More than one method can be used at the same time. Using more than one birth control method can lower your risk for sexually transmitted diseases, like HIV/AIDS. For example, a condom can be used with spermicides.

You can get condoms and spermicides over the counter.

Barrier Methods

Barrier methods are birth control methods that do not let sperm get to the egg. They include:

- spermicides
- condoms (male and female)
- diaphragm
- cervical cap
- Lea's Shield.



Barrier methods work only if you use them the right way every time you have sex.



Intrauterine Device

The IUD is a small, plastic object that is put into the uterus (womb) and left there. Two forms are available in the United States:

- **Hormonal IUD**
- **Copper IUD.**

Hormonal Contraception

This means that you take medicine to help you not get pregnant.

Birth Control Pills



The Pill (oral contraceptive) is one of the most popular methods of birth control. But, you must take a pill every day.

Injections



Depo-Provera (DMPA) is an injection that protects you from getting pregnant for three months. This means you need only four injections each year.

Vaginal Ring

The vaginal ring is a flexible, plastic ring that is placed in the upper vagina. You wear it for 21 days, take out for 7 days, and then put a new ring in.



Skin Patch

The skin patch is a small (1.75 square inch) patch that sticks to the skin. You need to use a new patch every week.

Emergency Contraception

This is not a regular family planning method and should never be used as one. Emergency Contraception is used to keep a woman from getting pregnant when she has had unprotected vaginal sex. "Unprotected" can mean

- That no method of birth control was used.
- That a birth control method was used but did not work - like a condom breaking.
- You forgot to take your birth control pills.
- You were forced to have sex when you did not want to.

You need to take two doses of hormonal pills taken 12 hours apart. You must start taking the pills within three days after having unprotected sex. These pills are sometimes called the "morning after pill."

If you need this treatment call your OB/GYN or go to a family planning clinic right away. On the weekend go to the Emergency Room. Tell them what happened and ask for Emergency Contraception.



Natural Family Planning

Natural family planning used to be called the rhythm method or "safe period." It also is called periodic abstinence or, more recently, fertility awareness.

Withdrawal (Pulling-out Method)

The man must take his penis out of the woman before he ejaculates. Problems with this method are that:

- The liquid produced by the penis before ejaculation can have sperm.
- Some men do not to withdraw completely or in time.

Sterilization

Sterilization for both women and men are permanent methods. You need surgery.

Tubal Sterilization (For Women)

The fallopian tubes are closed by tying, banding, clipping, blocking, or cutting them.

Vasectomy (For Men)

The tubes that carry sperm to the penis are clamped, cut, or sealed so that the ends do not join again.

New Option for Sterilization

This means you may not need surgery. With this method, a tiny spring is put in through the vagina into each fallopian tube. This can be done in your doctor's office.

Choosing a Method

The right one for you is the one that you and your partner feel comfortable with. Choose a method you will be able to use every time.

Finally.....

- You can get pregnant even if you only have sex one time without using birth control.
- No matter which form of birth control you use, only a condom can protect you from getting a sexually transmitted disease (STD) like HIV/AIDS.
- No matter which method you use, be sure that you know how it works, how to use it, and the side effects.

For More Information on Family Planning Call

National Women's Health Information Center
1-800- 994-WOMAN (9662)

Planned Parenthood Federation of America
1-800- 230-7526

American College of Obstetricians and Gynecologists (ACOG) Resource Center
1-800-762-2264 (Ext. 192)

The information contained in this publication should not be used as a substitute for the medical care and advice of your doctor. There may be variations in treatment that your doctor may recommend based on individual facts about you.
Source: the American College of Obstetricians and Gynecologists

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1-800-303-9626
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1-800-475-METRO

FAMILY PLANNING

