

Q Where can I go for family planning services?

A You can visit the nearest Health Centre for advice and help on choosing a method.

Other family planning services provided by the Health Centre include: -

- Screening and treatment for certain health conditions such as low blood iron, high blood pressure and infections
- Contraceptive pills and other methods
- Treatment for Sexually Transmitted Infections (STIs)
- Prevention of Mother to Child transmission of HIV (PMTCT)
- Male and female condoms

Q What is the cost of these services?

A All family planning services at Health Centres are

FREE!



For more Information contact your Doctor, or the nearest Health Centre

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Ministry of Health



**INFORMATION FOR
MEN & WOMEN**

Family Planning

...Your Questions Answered



Q What is Family Planning?

A Family Planning is the use of birth control methods to limit the number and spacing of children in a family.

Q What should I consider before choosing a method of birth control (or contraception)?

A All women and men should take control over if and when they become parents.

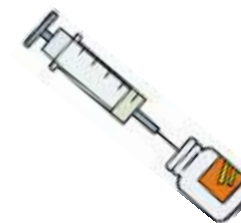
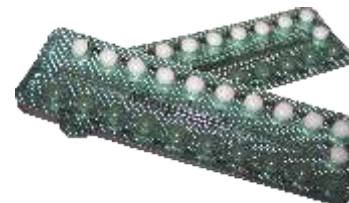
Making decisions about birth control, or contraception is not easy – there are many things to think about such as:

- What birth control methods are available?
- Which is the best method for me?

There are many methods of birth control.

Each method has its own benefits, no one method is right for everyone.

Some methods work better than others and may also have the added benefit of protecting you against sexually transmitted infections (STI's).



The birth control method you choose will depend on a number of factors such as:

- Your overall health
- How often you have sex
- Your number of sexual partners
- If you want to have children
- How well the method would fit into your lifestyle

Q What are the birth control methods?

A Birth control or contraceptive methods can be grouped in two broad categories:

1. **Surgical**
2. **Non-surgical**

Surgical Methods (or Sterilization)

These are permanent methods of birth control.

These methods do not protect against STI's and are used for persons who do not want any or more children.

They are: -

- **Vasectomy (Male Sterilization)**
- **Tubal ligation (Tied tubes)**
- **Selective Tubal Occlusion Procedure (STOP)**

Non-Surgical Methods

These are methods which can be stopped at any time.

These include: -

- **Oral Contraceptives (The Pill)**
- **Barrier Methods - Male and Female condoms**
- **Intra Uterine Devices (IUD'S)**
- **Injectables**

For more details and information on other available methods contact your Doctor, or the nearest Health Centre