

7. Sterilization

This is an operation under general anesthesia given for the procedure for both male and female. Female sterilization: The fallopian tubes, which connect the ovaries to the womb, are blocked by female sterilization. This stops the sperm from fertilizing the woman's eggs.

Male sterilization: - Vasectomy is a surgical procedure that can be used as permanent contraception. This is a very simple procedure that prevents a female from becoming pregnant by a male.

Advantages of female/ male sterilization:

It is 99% successful at preventing pregnancy It does not affect your hormone levels, sex drive or interfere with sex.

Long term effects on your health are rare

It offers less protection against STDs.

Tubal occlusions are extremely challenging to reverse.

5. Contraceptive Implant

The contraceptive implant is a 4 cm long, thin, flexible one rod or two rods. The implant prevents the egg from being released from the ovary by gradually releasing progesterone into the human body. Progesterone thickens cervical mucus & thins the uterine lining. Due to this flow of sperm through your cervix is slowed. It is inserted under the skin of the upper arm.

Advantages:

It lasts for three years or 5 years.

It is safe to utilize while breastfeeding. Once the implant is removed, your fertility should get back to normal.

Disadvantages:

Epididymis

Might cause significant changes to your menstrual cycle.

HIV medications and epilepsy medications can decrease the effectiveness of the implant.

20% of women who use the implant will experience no bleeding, but almost 50% will experience irregular or extended bleeding

6. IUD (Intrauterine Device, Coil)

This is a long-acting reversible method of **Disadvantages** of female / male sterilization: birth control. IUDs are tiny T-shaped plastic and copper implants that are inserted by a professionally qualified doctor into the uterus. The sperm and egg cannot survive in the womb because of the IUD.



FAMILY PLANNING

Family planning is the idea or a plan for reducing the family size by spacing out or avoiding unwanted pregnancies.

Every woman has a family planning method that she can use irrespective of her health condition.

Types of family planning 2. Progestogen-only Pill (POPs):

1. Combined Pill (COCs) - is a combination of two medications. It is consumed by females orally, a packet has either 28 or 21 pills. It has two hormones, progestin and estrogen. It changes the menstrual cycle to stop ovulation and avoid pregnancy.

Advantages of the pill:

Make your bleeding more regular, lighter, and less painful.

Decreases the chances of colon, womb, and ovarian cancers.

Disadvantages of the pill:

It can cause short-term adverse effects like headaches, nausea, breast tenderness, and mood changes.

Does not offer protection against Sexual Transmitted Diseases (STDs).



It includes the progesterone hormone only. Progesterone thickens cervical mucus & thins the uterine lining. Due to this flow of sperm through your cervix is slowed.

Advantages:

It is safe to utilize while breastfeeding.

Disadvantages:

Irregular periods.



3. Condoms - This is also the best method for preventing STIs, including HIV. Condoms come in two varieties:

worn on the penis and placed into the vagina. They are created to prevent a man's sperm from contacting his sexual partner.





4. Contraceptive Injection

The progesterone hormone is injected into your body to prevent pregnancy. It is given every 3 months.

Advantages:

It is safe to take the injection while breastfeeding.

Decreases the chances of colon, womb, and ovarian cancers.

Disadvantages:

You might gain weight.

Some women experience headaches, acne sore breasts, changes in mood Irregular periods

