

Women's Needs for Family Planning

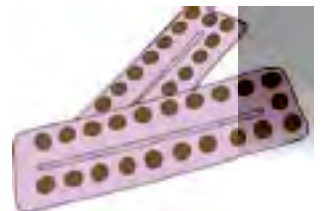
Different women and couples have different needs for contraception. When you counsel a woman on family planning, you should keep in mind the following:

- Marital status:
 - ◆ Unmarried: condoms or pills or emergency pills
 - ◆ Newly married and wanting to delay the first child: condoms or pills
- Just delivered (postpartum) or just had an abortion (post-abortion): condoms, pills, IUCD (after six weeks), injectables (currently not available in the public sector, but being used in the private sector)
- Wanting to space children: condoms, pills, IUCD, injectables.
- Not wanting more children: Long acting (10) IUCD and sterilisation for the man or the woman.

Types of Family Planning Methods and Information on Side-Effects

The Pill

If a woman takes birth control pills every day, pills will protect her from pregnancy for the entire monthly cycle. These pills are called **Mala N or Mala D**. Pills should be provided to those women who are specifically advised by the doctor. However, since you are required to dispense these, it is important for you to know a few important facts.



Taking pills may be dangerous for women with the following signs:

- Woman has jaundice, recognised by yellow skin and eyes.
- Woman has ever had signs of a stroke, paralysis or heart disease.
- Woman has ever had a blood clot in the veins of her legs.
- If the woman smokes and is over 35 years old.
- Has high blood pressure (more than 140/90).

If the woman has any of the problems listed above, the doctor would then counsel her to use a method other than the pills.

Side-effects of pills

The pills contain the same chemicals that a woman's body makes when she is pregnant. So she may have the following side-effects:

- Nausea
- Headaches
- Swelling of legs
- Changes in monthly period.



Side-effects often get better after the first 2 or 3 months. If they do not, and they are annoying or worrying her, you should advise the woman to see an ANM or doctor.