

Next monthly bleeding will take place within 14 days of scheduled day of monthly bleeding. These pills are now available at health centres and also at pharmacy shops. No prescription is needed to buy them. They are available as EC pills in the programme. Several commercial and social marketing brands are also available.

ECPs, taken as per instructions, provide protection against unwanted pregnancy. Discourage repeated use of ECP and advise for choosing a contraceptive method. ECPs do not protect against infections like STI and HIV/AIDS.

### What you should do:

- You are a depot holder for OCPs (Mala N)
- You should explain all methods to the women and help them in making choices
- Start Mala N tablets after consulting with ANM/doctor that the woman is eligible for OCPs
- Tell her about side effects and when/where to approach a service provider
- Also provide information about ECPs and where these pills are available

### Copper-T

This is a small T-shaped intra-uterine device (IUD). It is made of pliable plastic with fine copper wire wound around its stem. Two plastic threads hang by its stem. After insertion into the womb, Copper-T stays in place and is effective for a maximum of ten years. Some Copper-T devices available in the market are effective for shorter duration also.



### How does the Copper-T work?

Copper-T works mainly by preventing sperms and egg from meeting. IUD makes it hard for sperm to move through the woman's reproductive tract and reduces ability of the sperm to fertilize the egg. Possibly it also prevents implantation.