

in the market. Our ANM and PHCs have supply of MALA-N. You could keep a supply of these pills.

How to use OC

Start the pill from any of first seven days of start of menstrual bleeding and continue until the pack finishes. Start a new pack again. Taken regularly, the pill is almost 100 percent effective in preventing pregnancy. These pills do not cause abortion.



If a woman forgets a day's dose she should take both the missed and regular tablets together. But one must not miss it for more than two days. If missed for two days, advise her to take pills as soon as she remembers. She can continue taking the pill each day until the pack is finished and also use a condom for sex until seven hormonal pills are taken in a row.

You should always mention about the common side effects of oral contraceptives such as nausea, mild headache, tenderness of breasts, spotting between periods and sometimes-irregular periods. Explain that these side effects are not signs of any serious disease. These usually become less or stop in three months.

You should help women in getting examined by ANM/Medical Officer, before starting oral pills. You should give monthly supplies to women who have started oral pills after consultation with ANM/Medical Officer.

Emergency Contraceptive Pills (ECP)

Emergency contraceptive pills are pills to be taken within 72 hours of unprotected sex. These pills are taken only in some emergency situations. These pills are especially useful for those women who have been subjected to unprotected sex, slippage or bursting of condoms during sex or sexual violence.

These pills are to be taken as soon as possible after unprotected sexual exposure preferably within 72 hours. These pills will also not work if the woman is already pregnant. She should take two tablets within an interval of 12 hours.

