

Pills should not be advised for women who are breastfeeding.

OCP are available in your drug kit, and at the Sub-Centre, Primary Health Centre (PHC) and Community Health Centre (CHC).



Emergency Contraceptive Pills

ASHA does not start women on a pill, but could provide follow-up once it is started. These are for emergency use, when the couple has not used a contraceptive and have had unprotected sex. It can also be used in instances of rape, or accidental breaking of the condom. The woman must take the pill as soon as possible after unprotected sex. The pills are effective within 12- 24 hours of intercourse. The pills will not work if the woman has already become pregnant from having sex more than three days earlier. These pills are available in your drug kit, at the Sub-Centre, PHC and CHC. These pills are to be used only as an emergency method and you should advise users to shift to regular methods of family planning.



Condom: The condom is a narrow bag of thin rubber that the man wears on his penis during sex. Because the man's semen stays in the bag, the sperm cannot enter the woman's body, and she cannot get pregnant. The condom is a useful device to be used as a contraceptive and to protect against Sexually Transmitted Infections (STIs) and HIV. It is also useful for couples where the male is a migrant and returns home for short durations.

Men most often buy condoms from shops. Since you have a supply of condoms in your drug kit, women may feel more confident in approaching you to obtain condoms.



The Intrauterine Contraceptive Device (IUCD, Copper-T, the Loop)

The IUCD is a small object or device that is inserted into the uterus and prevents the man's sperm from fertilising the woman's egg. The IUCD can stay in the uterus for up to 10 years. The most common IUCDs are made of copper.

Remember:



- ▶ A condom is to be used every time the woman has a sexual encounter to prevent from pregnancy, STIs and HIV.
- ▶ A condom is to be used only once. A condom that has been used before is more likely to break.
- ▶ Condoms are to be kept in a cool, dry place away from sunlight. Condoms that are from old or torn package are more likely to break.

