

Family Planning/ Childbirth Spacing Methods



Get it together
KNOW. TALK. GO.


The right method is the one that suits you

Oral Contraceptive Pills



- Effective short-acting method that is taken everyday
- Safe for women of any age, including women who have never had a baby
- The mini-pill is safe for breastfeeding mothers anytime after delivery.

Injectables



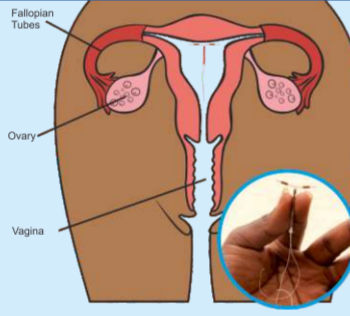
- Effective short-acting method that lasts 2 or 3 months
- Safe for women of any age, including women who have never had a baby
- Safe for breastfeeding mothers with a baby older than 6 weeks

Implant



- Effective long acting method that lasts 3-5 years
- Safe for women of any age, including women who have never had a baby
- Safe for breastfeeding mothers anytime after delivery.

Intra-Uterine Device (IUD)



- Effective method that lasts 5-10 years
- Safe for women of any age, including women who have never had a baby
- Safe for breastfeeding mothers
- Can be used within 48 hours of childbirth or after 4 weeks of childbirth

Emergency Contraceptive Pills (ECPs)



- Used only for emergencies and not appropriate for regular use
- Can prevent pregnancy when taken up to 120 hours after unplanned sexual intercourse
- Should not be taken more than twice a month

KADUNA For more information, Visit any Childbirth Spacing/FP centre at:

Kaduna North LGA PHC Badarawa GH Kawo PHC USSharu Barau Dikko GH Zakari Isa Memorial	Chikun LGA GH Kujama PHC U/Wada Kujama PHC Mararaban Rido PHC Sabon Tasha PHC Nasarawa	Giwa LGA GH Giwa PHC Ganganra PHC Giwa	Lere LGA PHC Lere PHC U/Bawa GH Saminaka PHC Garun Kurama PHC Ramiri Kura
Kaduna South LGA PHC Makera PHC Bamaawa PHC Television PHC Kabala West Gwamna Awan GH 44 Military Hospital PHC Kagoro Road PHC U/Muazu Yusuf Dantsoho GH FHU Tundun Wada Polytechnic	Zaria LGA PHC Baban dodo PHC Tudun wada PHC Mararaban Rido GH Gambo Sawaba	Igabi LGA GH Rigasa PHC Mando CHC Jaji PHC K/Tasha PHC K/Zango	Kudan LGA GH Hunkuyi PHC Hunkuyi PHC Kudan



KADUNA Detach this portion and give to the health provider in any of the listed Childbirth Spacing/FP centers

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Male Condom




- Effective short acting method that is used at the time of sex
- When used correctly at every time, it;
 - Prevents pregnancy
 - Prevents against some sexually transmitted infections (STIs), including HIV/AIDS

Female Condom



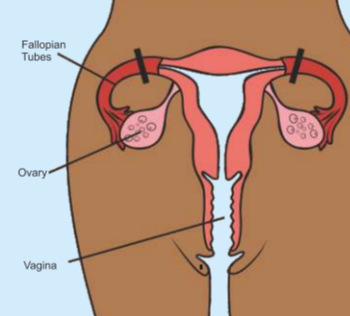
- Effective short acting method that is used at the time of sex
- When used correctly at every time, it;
 - Prevents pregnancy
 - Prevents against some sexually transmitted infections (STIs), including HIV/AIDS
- Safe for breastfeeding mothers

Exclusive Breastfeeding Method (LAM)



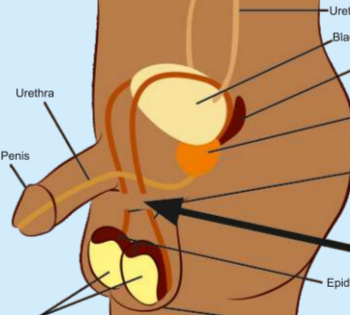
- Effective post-partum method when women meet **all three** criteria:
 - Are breastfeeding exclusively (day and night)
 - Have an infant younger than 6 months old
 - Do not have menstrual bleeding

Tubal Ligation



- Effective permanent method for women who do not wish to get pregnant again


Vasectomy



- Effective permanent method for men who do not want their partner to get pregnant again

KADUNA

Kubau LGA GH Pambeguwa PHC Dutsen Wai PHC Kubau PHC Pambeguwa PHC Zuntu	Jamaa LGA GH Kafanchan PHC Kafanchan PHC Kagoma PHC Godogodo PHC U/Fari	Kauru LGA RH Kauru PHC Kwassam PHC Damakasuwa PHC Bakin Kogi PHC Dan Daura	Kachia LGA GH Kachia PHC Sabon Sarki PHC Kachia PHC Katari PHC Crossing
Soba LGA RH Maigana PHC Richefa PHC Soba PHC Yakasai PHC Awai	Sabon Gari LGA PHC Samaru PHC Muchia PHC Kwata	Zangon Katf LGA RH Zonkwa PHC Zonkwa GH Zangon Katf PHC Jankasa PHC Farman	



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