

## 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



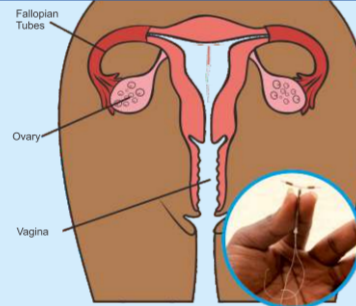
- Effective short-acting method that lasts 2 or 3 months
- Safe for women of any age, including women who have never had a baby
- Safe for breastfeeding mothers with a baby older than 6 weeks

### 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

**OYO**

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

<b>IB North LGA</b> University College Hospital Sabo PHC Idi-Ogunfun PHC University Clinic, Jaja Sango PHC Bashorun PHC	<b>IB North East LGA</b> Ayekale PHC Oke-Adu PHC Iwo Road PHC Akeke PHC Aifara PHC	<b>IB South West LGA</b> Ring Road State Hospital Jancho General Hospital Oni Memorial Child Hospital Foko PHC MCH Apata	<b>IB North West LGA</b> Ayeye PHC Oniyannin PHC
<b>IB South East LGA</b> Molete PHC Oranyan PHC Bokawaji PHC Agbongbon PHC	<b>Akinyele LGA</b> Ojo PHC Moniya General Hospital Olorisoko PHC Ikeru PHC Ajibode PHC	<b>Oluoye LGA</b> Adaramagbo PHC Odo Ona Elewe PHC Ajiloba PHC Ayetoro PHC Mosfala PHC	



**OYO**

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

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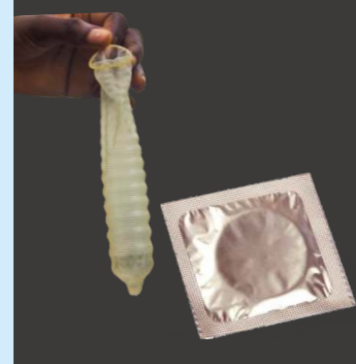
## Family Planning/ Childbirth Spacing Methods



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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



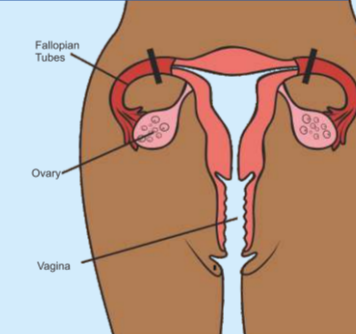
- Effective short acting method that is used at the time of sex
- When used correctly at every time, it;
  - Prevents pregnancy
  - Prevents against some sexually transmitted infections (STIs), including HIV/AIDS
- Safe for breastfeeding mothers

### Exclusive Breastfeeding Method (LAM)



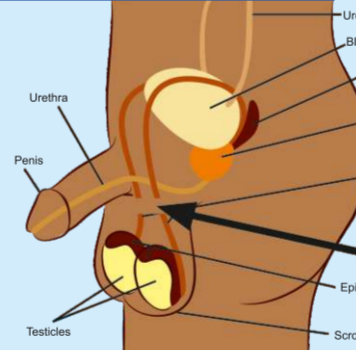
- Effective post-partum method when women meet **all three** criteria:
  - Are breastfeeding exclusively (day and night)
  - Have an infant younger than 6 months old
  - Do not have menstrual bleeding

### 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

**OYO**

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<b>Oyo West LGA</b> Iseke PHC Kolobo PHC Akeetan Basile PHC, Fasola PHC Iyaji PHC	<b>Kajola LGA</b> Model PHC, Isemi Ajigbo Ilero PHC Okeho GH Isia PHC Maternity Centre, Ayetoro	<b>Iseyin LGA</b> GH Iseyin Ode Oba PHC Maternity Centre, Isalu Maternity Centre, Koso PHC Ado Aweye	<b>Ona Ara LGA</b> Sarat Adesina PHC Gbanemu Model PHC Olosunde PHC Amuloko Health Centre Oke Imole Health Centre



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