



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



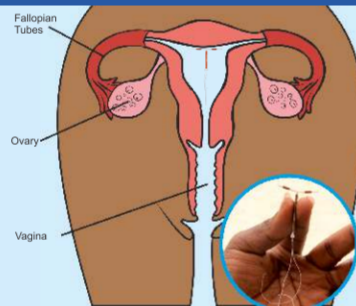
- Effective short-acting method that lasts 2 or 3 months
- Safe for women of any age, including women who have never had a baby
- Safe for breastfeeding mothers with a baby older than 6 weeks

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

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

- | | |
|---|---|
| <p>Alimosho ...
Alimosho General Hospital
Ikotun Primary Health Centre
Meran Primary Health Centre
Akonwonjo Primary Health Centre
Isheri Primary Health Centre (Olofin)</p> <p>Ajeromi Ifelodun ...
Ajeromi Ifelodun General Hospital
Layemi Primary Health Centre
Amukoko Primary Health Centre
Tolu Primary Health Centre
Ibafon Primary Health Centre</p> <p>Mushin ...
Mushin General Hospital, Mushin LGA
Palm Avenue Primary Health Centre
Ire Iysha Primary Health Centre
Isolo Road Primary Health Centre
Anikulapo Primary Health Centre, Odi Olowo LCDA</p> | <p>Oshodi Isolo ...
Isolo General Hospital
Oshodi Primary Health Centre
Iisa Primary Health Centre
Iyana Ejigbo PHC, Ejigbo LCDA
Shogunle Primary Health Centre</p> <p>Agege ...
Orile Agege General Hospital
Sango Primary Health Centre
Iloro Primary Health Centre
Dopemu Primary Health Centre
Odumbaku Primary Health Centre</p> |
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LAGOS Detach this portion and give to the health provider in any of the listed Childbirth Spacing/FP centers

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The right method is the one that suits you

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



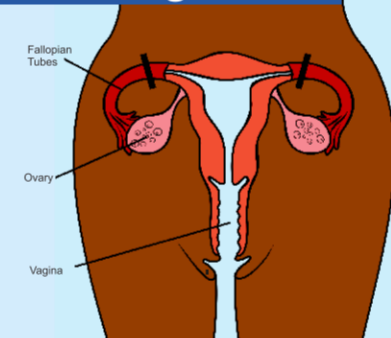
- Effective short acting method that is used at the time of sex
- When used correctly at every time, it;
 - Prevents pregnancy
 - Prevents against some sexually transmitted infections (STIs), including HIV/AIDS
- Safe for breastfeeding mothers

Exclusive Breastfeeding Method (LAM)



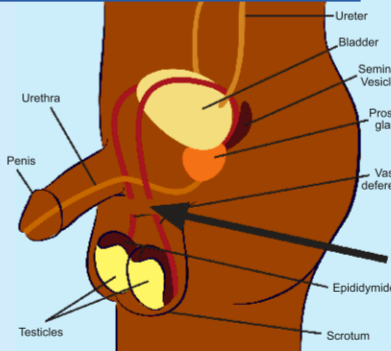
- Effective post-partum method when women meet **all three** criteria:
 - Are breastfeeding exclusively (day and night)
 - Have an infant younger than 6 months old
 - Do not have menstrual bleeding

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

LAGOS

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Ashogun Primary Health Centre, Bariga LCDA
Ojo Primary Health Centre, Bariga LCDA</p> <p>Ojo ...
Iba Primary Health Centre
Iganikan Primary Health Centre
Era Primary Health Centre
Ishashi Primary Health Centre, Iba LCDA
Okokomako Primary Health Centre, Iba LCDA</p> <p>Kosofe ...
Gbagada General Hospital - Ifako
Ketu Primary Health Centre
Ikosi Primary Health Centre
Alapere Primary Health Centre
Ajeunle Primary Health Centre, Agboyi Ketu LCDA</p> | <p>Lagos Mainland ...
Simpson Primary Health Centre
Ebute-Metta Comprehensive Health Centre
Oto Primary Health Centre
Oba Salami Primary Health Centre, Yaba LCDA
Ali Dawodu Primary Health Centre, Yaba LCDA</p> <p>Ibeju Lekki ...
Awoyaya Primary Health Centre 2 (CBHIS)
Bogije Primary Health Centre
Orimedu Primary Health Centre
Lakowwe Primary Health Centre
Lekki Primary Health Centre</p> |
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