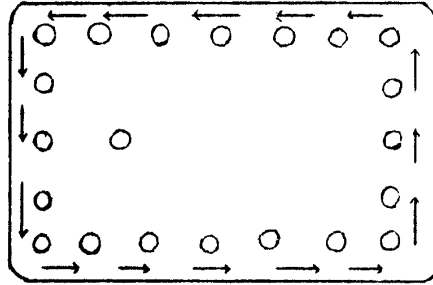


### The Oral Pill

The pill prevents the formation of an egg. By taking a pill 21 days each month beginning five days after a period, a woman is 100% safe from pregnancy that month.

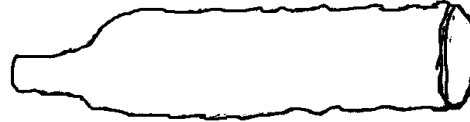


#### Remember

1. The pill is prescribed by a doctor at a family planning clinic.
2. Some women have side effects such as weight gain, bleeding, headache but they go away for most women; if not, the patient should return to the clinic.
3. The pill must be taken regularly each day until the packet of 21 pills is finished. The patient must then start another packet.
4. Many women prefer the pills but often discontinue due to side effects, forgetting to take a pill, or not going to the clinic for more cycles.
5. After one year about 40% to 70% of patients discontinue the pills for various reasons; after two years 50% to 80%.

### The Condom

The condom is a rubber device worn by the man during intercourse. If used consistently, it is effective in preventing unwanted children.



#### Remember

1. The condom can be obtained at family planning clinics and from pharmacies.
2. The condom must be used at each time of intercourse.

### What Method Should I Choose?

If you do not want anymore children and the youngest child is over two or three years of age, then sterilization is best. A vasectomy for the man is the easiest method. If you do not want a permanent method because you are afraid that children may die, then the loop may be the best method. The loop is retained by half the women who try it after 3 or 4 years. The pills are 100% effective but most women discontinue the method after one or two years. The condom and oral pills are good methods for spacing the distance between births. .