

Why choose family planning?

What is family planning?

Family planning is the practice of controlling the number of children you wish to have and the timing of their births. It includes the use of contraception to prevent unintended pregnancies and manage reproductive health.



What are the benefits of family planning?

- Parents have time to plan and prepare properly for their child.
- Mothers recover their health after childbirth.
- It prevents unplanned pregnancies.
- It prevents possible health risks related to pregnancy and childbirth.
- It assists with planning the time between pregnancies.
- It creates time for the care and attention needed to raise a healthy child.
- It creates time for partners to spend together both before and after childbirth.

Why is family planning important?

- Family planning empowers woman in the childbearing age and couples to make informed decisions about their reproductive lives.
- After having a child, it is healthier to wait at least 2 years to try to become pregnant again.
- Having more than 4 children could make childbirth riskier.

What are the contraceptive methods that I can choose from?

There are many contraceptive methods to choose from, they include:

Hormone pills

- Safe and effective if taken every day.
- Results in less bleeding and cramps during your menstrual cycle.

Hormone injections

- There are two types to choose from:
 - ⇒ Norethisterone injection every 8 weeks or
 - ⇒ Medroxyprogesterone injection every 12 weeks.
- Safe and very effective when injections are given on time.

Contraceptive patches

- Releases hormones to prevent you from getting pregnant.
- It works on a 4-week cycle.

Implants

- Safe to use and lasts for 3 years.
- 3-year cycle recommended for it to be effective.

Intrauterine device (IUD)

- Safe to use and one of the most effective methods.
- Can be used for up to 5 years.
- 5-year cycle recommended for it to be effective.

Female sterilisation

- A safe and permanent method for women or couples who do not want more children.

Vasectomy

- A safe and permanent method for men or couples who do not want more children.

To find out more about your contraceptive benefits, refer to our 2025 Information Guide.

Who to talk to!

If you need guidance, talk to a healthcare practitioner at any of our medical facilities.

Source: World Health Organisation <https://www.who.int/>