

FREQUENTLY ASKED QUESTIONS



ON BIRTH CONTROL, STAYING HEALTHY & PREPARING FOR THE FUTURE YOU WANT

FOR EVERY STAGE OF

woman



TALK TO US FOR FREE: Econet: 08080019 or 20 Netone: 08010019 or 20



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Am I the right candidate to use contraceptives?



Yes you are if:

- ★ You don't intend to get pregnant whether you have given birth before or not.
- ★ Are pursuing other life goals like education and do not want pregnancy to disrupt it.
- ★ Have given birth and you want to wait before you have another child.



What contraceptive methods can I use if I want to have kids in the future?

- ☆ You can use a reversible contraceptive which can discontinue at any time you want to have children like; Injectable contraceptive (Depo Provera), IUCD/Loop, Implants (Jadelle & Implanon), Pills, Levoplant, Condoms (Male & Female).

Am I protected from STIs as well?

- ☆ Contraceptives are effective in protecting you against pregnancy.
- ☆ Only condoms can protect you against STIs and HIV. You are encouraged to use condoms together with your other contraceptive if at risk of STIs and HIV.



Am I not going to be exposed to cancer when using IUCD & Jadelle?

- ☆ Contraceptives are NOT linked to the incidence of cancer, ectopic pregnancies, child deformities, miscarriages and other ailments. Feel free to discuss any fears with this method to your provider for further clarity.





Do contraceptives have any side effects?

YES!

- ☆ Some women experience side effects. (You can get help in managing the side effects and continue with your contraceptive safely)





When can I use EC/ Morning after?

Women of any age including adolescents can use emergency contraception after having;

- ☆ Unprotected sex without any contraceptive method.
- ☆ Been raped and is not using any contraceptive method.

Does taking emergency contraceptives disrupt existing pregnancy, cause birth defects or harm the foetus if accidentally taken while one is already pregnant.

- ☆ **No!** ECPs will not cause any birth defects and will not otherwise harm the foetus if accidentally taken while the woman is pregnant.

Can ECPs be used by an HIV positive woman or women on Anti-Retroviral Therapy?

- ☆ **Yes!** Women with HIV and AIDS and those on Anti-Retroviral Therapy can safely use Emergency contraceptive pills.



Can I use both male & female condoms at the same time?

- ☆ **No!** Male and female condoms should not be used together. This can cause friction that may lead to spilling or tearing of the condoms.

What should I do if a condom slips or bursts?

- ☆ Use emergency contraceptive pills within 120 hours and visit the nearest health facility for HIV Post Exposure Prophylaxis and screening of possible STIs.



How long should I
wait before I can
conceive again when I
stop using **Depo**?



Some women delay to return to fertility.



Should I continue taking pills even when I am not expecting to have sex?

- ☆ **Yes!** Pills should be taken same time everyday even on days you do not intend to have sex.

If I take pills for a long time having children my fertility chances will that not affect my fertility rate?

- ☆ Taking pills for a long time will not affect your chances of fertility. You're however encouraged to use a long acting reversible method if you
- ☆ Use of hormonal contraceptives including pills is not linked to birth defects, abnormalities or pregnancy complications.





Is it important for me to take pills at the same time each day?

- ★ **Yes**, take the pill same time each day for it to be effective. The effectiveness of the pill is at high when taken at the same time.

How about skipping the placebo (red/brown) pills if I don't want to have my menses?

- ★ Placebos help the body withdraw excess hormones from control/marvelon pills.



Is it safe to use implants while breastfeeding?

- ☆ **Yes**, you can use both Jadelle and Implanon from six weeks after giving birth.

Should I decide to have kids before the prescribed time, can I have it removed? Won't that affect fertility?

- ☆ Implants are safe to be used by women of all ages even adolescents.
- ☆ Removing implants before they are due will not cause delay to pregnancy neither will it cause birth defects or pregnancy complications.



**Can I use implants
if I have other
ailments or am
taking
medications?**

Always talk to your medical service provider about your medical condition and be advised accordingly.



10 years? Should I wait that long to have kids?

- ☆ You have the loop removed at anytime you want to conceive even before 10 years.

What if I am on other medications?

- ☆ The loop can be used by nearly all women safely even with other medication.
- ☆ Women of any age including adolescents or exposed to hard physical work can use this method.

Won't my partner feel it and does it move around my body?

- ☆ **No**, your partner does not feel the IUCD and it does not move around the body.





Can I use a female condom if I am a virgin?

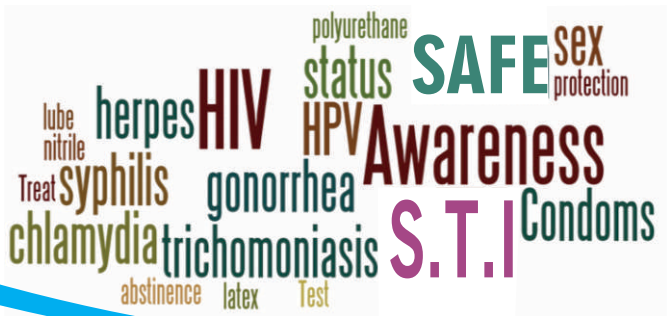
- ☆ Women who haven't had a sexual intercourse cannot use it. It needs a wider opening for it to be inserted properly.

Can I use (IUCD) loop if I am a virgin?

- ☆ Women who haven't had sexual intercourse cannot have an IUCD inserted.

What should I do if I miss a pill?

- ☆ If you missed one or two pills, take the pill as soon as you remember. This may mean taking two pills in one day. If you miss three or more pills, take the pill as soon as you remember.
- ☆ Continue to take the pill everyday same time. You will need to use a backup method such as condoms for seven days.



Can I be cured of sexually transmitted infection?

- ☆ Some STIs such as syphilis, gonorrhoea, and chlamydia can be cured. However some are viral infections such as hepatitis B, herpes simplex virus (HSV or herpes), HIV, and human papillomavirus (HPV) that are not curable but there are treatments to manage the infections.

How do I know that I have contracted an STI?

- ☆ Some STIs will not show any symptoms but some may have symptoms such as vaginal or penile discharges, genital sores, lower abdominal pain or pain during sexual intercourse.
- ☆ We encourage partners to have STI screening and testing before any sexual intercourse to avoid contracting STIs.



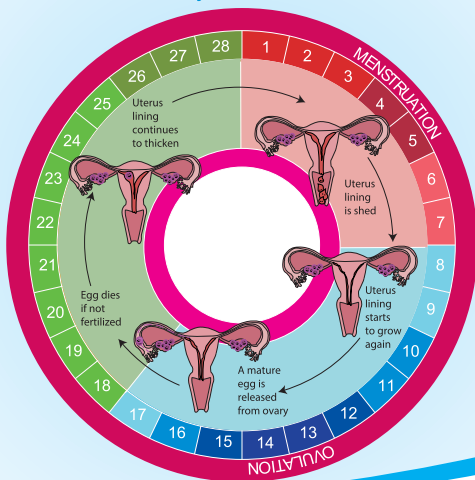
Will I fall pregnant if I have unprotected sex once? /Can I be pregnant when I have sex for the first time?

- ☆ Yes any woman who has unprotected vaginal intercourse runs the risk of becoming pregnant whether it's her first time having sex or not.
- ☆ We encourage partners to use contraception for every sexual encounter to avoid unplanned pregnancies.

My boyfriend says we don't need contraception, because he will pull out at the last minute. Is this a good idea?


- ☆ This contraception method is called withdrawal method, however it has the highest failure rates. It is more advisable to be on a more effective method that will prevent unplanned pregnancies.

How to calculate menstrual cycle



I have heard that women can only get pregnant during a certain part of the menstrual cycle. Could my partner and I have unprotected sex if we avoid these 'dangerous' times of the month?

- ☆ This contraception method is called Fertility awareness method. The method can be very effective if used consistently and correctly. A woman has to know when her fertile time starts and ends on her menstrual cycle.
- ☆ This method will not work if a couple makes a mistake about when the fertile time occurs

A young girl with a joyful expression is the central figure. She wears a white short-sleeved shirt, a dark red skirt, and a matching wide-brimmed hat with a yellow band. A black backpack strap is visible over her shoulder. She holds a black book with a red spine. The background shows a green building and a clear sky. The image is framed by a blue border at the top and bottom, with a geometric pattern at the very bottom.

**You are
Valued!**

**Journey on with a
smile, your health
needs are covered.**

**FOR EVERY
STAGE OF**

woman

For youth friendly services,
contact our **PSZ Clinic**

PSZ

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