

Family Planning Program Guide



What is family planning?

It's a process that lets you decide when you want to have children.

Whether you are ready to have children or not, family planning can help you make choices that support your decision.

Confidential family planning services for women, men and teenagers include:

- birth control
- pregnancy tests
- testing and treatment for HIV and other STDs (sexually transmitted diseases)
- health education and counseling
- basic infertility information
- pelvic and other medical exams
- reproductive health screenings
- other related lab testing
- follow-up and referral.



Benefits of family planning include:

- having children when you want them
- being able to prepare financially for your children
- being healthier before and during a pregnancy
- not worrying about an unplanned pregnancy
- making your own decisions about birth control.

The choice is yours....

The results of your checkup and lab tests will be explained to you. Family planning staff will educate and counsel you about birth control methods, including fertility awareness-based methods and abstinence. This will help you choose the best method of birth control that benefits your lifestyle.

Education and counseling

Clinics offer information and help with many aspects of health, which can include:

- healthy lifestyle choices, such as good nutrition, exercise, avoiding harmful substances and quitting tobacco and nicotine use
- adolescent health counseling
- breast and testicular exams
- STI/STD/HIV risks and prevention
- preconception health (planning for a healthy pregnancy)
- pregnancy counseling
- birth control counseling
- basic infertility counseling

Clinics can also offer information and referrals to other community resources.

Please read:

Talk to your health-care provider! This booklet is not a substitute for the advice of a qualified health-care provider.

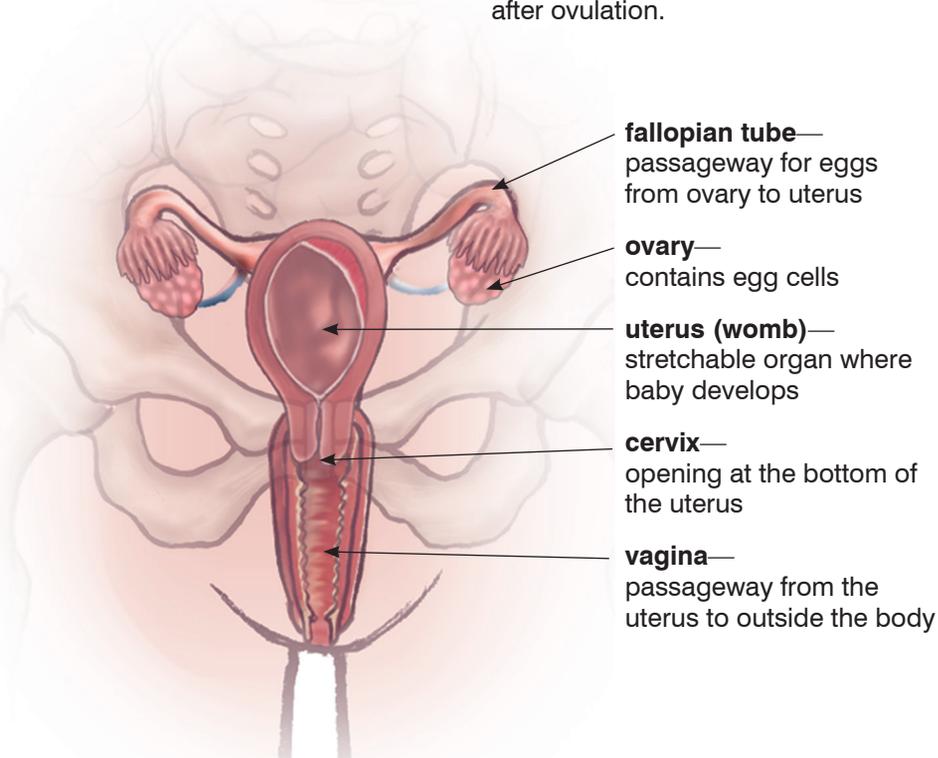


The staff at the clinic will treat you as a unique person with your own needs and questions.

It's important to understand reproductive systems.

A woman's reproductive system

- Beginning at puberty, an egg is released from an ovary (ovulation) once a month. It travels down a fallopian tube to the uterus.
- If the egg is not fertilized, the egg and uterine lining will be passed out of the body (menstruation). This usually occurs about 14 days after ovulation.



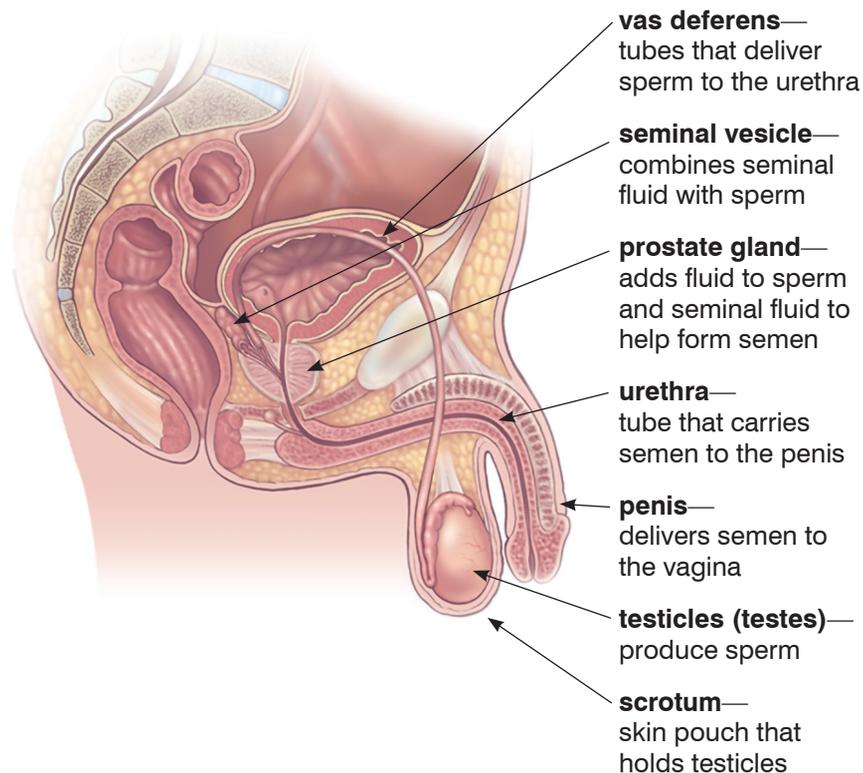
A woman can get pregnant

even if she:

- is having her period
- is having sex for the first time
- is breastfeeding
- has just had a baby.

A man's reproductive system

- Starting at puberty, male sex organs produce sperm, cells that fertilize a woman's egg.
- Once released from a man's body, sperm generally live about 48-72 hours.



Talk with your partner—you are both responsible for family planning.

Learn about contraception.

Contraception helps put you in control.

Commonly known as birth control, contraception is for people who want to have sex, but also want to prevent pregnancy. It can be used to:

- delay starting a family or having another child
- prevent pregnancy permanently—if you decide you don't want children or your family is complete.

There are many different options.

In general, methods of contraception vary in terms of:

- how to use them
- how long they last.

Some of the most common options are listed on pages 7-11.

Your health-care provider can help you decide what method is best for you.

Be sure to tell him or her about any health conditions you have and any medications or supplements you're taking. Also be sure to ask about all risks, side effects and special precautions for any method you're considering.

Both partners have a role to play.

Have an open discussion with your partner about the method(s) that would be best for both of you. Keep in mind, there are options for women and men.

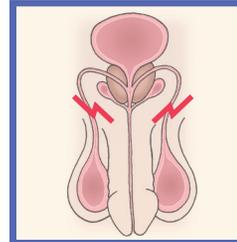
Abstinence (not having sex) is the only sure way (100% effective) to prevent pregnancy and the sexual transmission of STIs/STDs/HIV.



Common contraception choices

The next few pages list some of the many options couples have. In general, they are listed in order of how well they prevent pregnancy.

Highly effective permanent methods



Vasectomy

How it works: The tubes that carry sperm to a man's urethra are sealed, cut or tied.

Advantages: Once a test confirms there are no sperm left, it is nearly 100% effective.

Disadvantages: Surgery is required. To reverse the procedure, more surgery is required—with no guarantee of success.



Tubal ligation

How it works: A woman's fallopian tubes are cut, tied or sealed shut so sperm can't reach the egg.

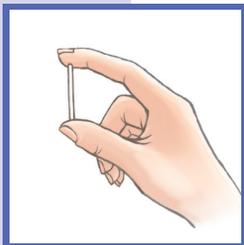
Advantages: It is over 99% effective.

Disadvantages: It requires surgery. To reverse the procedure, more surgery is required—with no guarantee of success.

Don't be afraid to ask any question you have about contraception methods. Having more information will help you be confident in the choices you make.

Contraception choices (continued)

Highly effective, long-acting reversible methods



Implant

How it works: A small, flexible rod that releases a hormone is inserted into a woman's arm by a health-care provider.

Advantages: It can be left in place for up to 3 years. No preparation is needed before sex.

Disadvantages: Possible side effects include irregular bleeding, weight gain, headache, acne and depression. The implant must be removed or replaced by the end of the third year.

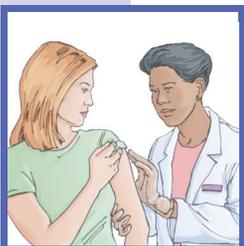


IUD (intrauterine device)

How it works: A tiny T-shaped device is placed into the uterus by a health-care provider. Some types release a small amount of hormone to help prevent pregnancy. Another uses copper.

Advantages: Depending on the type, an IUD can be left in place for up to 3-10 years. There is no preparation needed before sex.

Disadvantages: Possible side effects may include cramping, heavier or lighter periods, or no periods. Though uncommon, IUDs may increase the risk of pelvic infection, especially in women with more than one sex partner.



Hormone injection

How it works: A woman receives an injection of a hormone from a health-care provider once every 3 months. A prescription is needed.

Advantages: There is no preparation needed before sex.

Disadvantages: Possible side effects include irregular bleeding, weight gain and depression. Long-term use may cause bone loss.

Effective short-term methods

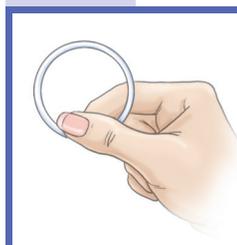


"The pill"

How it works: Each pill contains hormones like those produced during pregnancy. The pill prevents ovulation. A prescription is required.

Advantages: It may help regulate a woman's menstrual cycle. There is no preparation needed before sex.

Disadvantages: Possible side effects include breast tenderness, spotting, nausea, weight gain, bloating and missed periods.

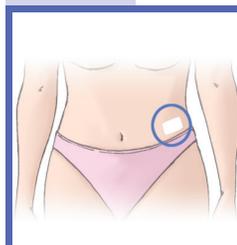


Vaginal ring

How it works: A flexible ring is placed into the vagina, where it releases hormones. A prescription is needed. There are different types of rings. Ask your health-care provider how to manage the product prescribed for you.

Advantages: It is easy to insert, and can stay in place for 3 weeks. There is no preparation needed before sex.

Disadvantages: Possible side effects include vaginal infections or irritation, headache and nausea.



The patch

How it works: A patch placed on the skin releases hormones into a woman's body. It's replaced once a week for 3 weeks out of every 4. A prescription is needed.

Advantages: Each patch can stay on for a week. There is no preparation needed before sex.

Disadvantages: Possible side effects include breast tenderness, headache, skin irritation, nausea and depression.

Be sure to follow all instructions when using any type of contraception.

Contraception choices (continued)

Effective short-term methods (cont'd)



Diaphragm

How it works: A small rubber cup is inserted into the vagina before sex. A prescription is needed.

Advantages: It can be inserted several hours before sex. It can be reused for 1-2 years.

Disadvantages: A woman must be fitted for the device and learn to use it properly. It must be used with a spermicide. It must stay in the vagina for 6-8 hours after sex.



Male latex condom

How it works: A latex sheath is worn over the penis to prevent sperm from entering the vagina.

Advantages: A latex condom can help protect against HIV and other STDs. It can be used with other types of contraception. No prescription is needed.

Disadvantages: Some people are allergic to latex. (Ask your health-care provider about other options, such as polyurethane or other synthetic latex condoms.) Also, some STDs can be caused by contact with infected areas not covered by a condom.



Female condom

How it works: A nitrile pouch is inserted into the vagina to prevent sperm from entering a woman's uterus.

Advantages: A female condom can help protect against HIV and other STDs. It can be used by people who are allergic to or can't use male latex condoms. No prescription is needed.

Disadvantages: It may cause irritation. Also, some STDs can be spread by contact with areas not covered by a condom.

Less effective short-term methods



Contraceptive sponge

How it works: A soft synthetic sponge containing spermicide is moistened and inserted into the vagina before sex.

Advantages: It can be inserted several hours before sex. It provides protection for up to 24 hours. No prescription is needed.

Disadvantages: It must be left in place for at least 6 hours after sex. Possible side effects include vaginal irritation and allergic reaction.



Fertility awareness (natural family planning)

How it works: The woman determines when she is fertile (for example, by charting her temperature) and avoids sex at those times.

Advantages: There are no side effects and little or no cost.

Disadvantages: Determining fertility takes some getting used to. Couples may find it hard to use this method perfectly, which can reduce its effectiveness. It is generally considered one of the least reliable methods.

Emergency contraceptive pills (ECPs)

ECPs are a special type of contraception.

ECPs should be taken as soon as possible after unprotected intercourse and contraceptive accidents, such as when a condom slips, breaks or leaks, or when birth control methods are not used correctly. ECPs are available at most local health departments and over-the-counter at many pharmacies. ECPs should not be used as a regular form of birth control.

How it works: Non-prescription ECPs are a dose of hormones that prevent ovulation for up to 3-5 days, thus preventing the sperm from fertilizing an egg. If the woman has already ovulated, it will not prevent fertilization or implantation of a fertilized egg.

Advantages: They may be taken up to 72-120 hours after sex.

Disadvantages: Possible side effects include nausea, vomiting and a period that is early, late or heavy.

Protect yourself from STIs/STDs.

Sexually Transmitted Infections (STIs) and Sexually Transmitted Diseases (STDs) are most commonly passed during vaginal, anal, or oral sex.

STIs/STDs are common.

There are more than 20 different STIs/STDs. Millions of Americans get STIs/STDs every year—many are under 25 years old. Anyone who is sexually active can get an STI/STD.

STIs/STDs can cause serious health problems.

These include:

- putting you at higher risk of HIV (the virus that causes AIDS)
- chronic pelvic pain
- infertility (not being able to have children)
- death.

Be alert for possible symptoms of an STI/STD.

Symptoms don't always occur. But when they do, they may include:

- visible sores or warts
- itching or irritation in the genital area
- abnormal discharge from the penis or vagina.

Talk to a health-care provider if you have any of these symptoms. If you have an STI/STD, it's important to get treated as soon as possible. Ask about partner notification, too.



Male latex condoms and female condoms are the only methods of contraception that can help protect you against STIs/STDs when used properly.



Ask about screening tests.

Your family planning clinic offers tests for men and women, including:

Pap tests

These check for changes in a woman's cervix that could lead to or be signs of cancer. They can help find cervical cancer early, when it is often easier to treat.

HPV tests

These check a woman's cervix for certain strains of human papillomavirus (HPV). HPV is an infection that can increase the risk of cervical cancer. Depending on your age, an HPV test may be recommended along with a Pap test.

Breast Exams

It is important to talk to your healthcare provider about when and how often you should be screened for breast cancer. Women should also pay attention to the regular look and feel of their breasts and be alert for changes.

Testicular exams

These check for signs of cancer in a man's testicles. A health-care provider can also show men how to do a self-exam.

Follow your health-care provider's recommendations on how often to get these and other screening tests.

If you're trying to get pregnant, take steps to stay healthy.

A healthy pregnancy starts with you!

Eat for good health.

Choose lean, low-fat or fat-free foods over high-fat ones. Eat lots of vegetables and fruits. Vary your choices. Make half your grains whole grains. Limit sodium, saturated fat and added sugars (in drinks, too). Balance portion sizes with physical activity to manage weight. To learn more, visit www.ChooseMyPlate.gov.

Ask your health-care provider about folic acid (folate).

Supplements and foods fortified with folic acid can help lower the risk of certain birth defects. In general, you should get 400 micrograms of folic acid each day. Consider taking a multivitamin every day to get all the essential vitamins and nutrients you need.

Be physically active.

It's good for your overall health. If you're pregnant, try to get at least 150 minutes of moderate physical activity each week.

Avoid harmful substances

Smoking, vaping, alcohol, and other drugs can have harmful effects on your health and on the fetus during a pregnancy. It's best not to use any of these substances, especially if you are trying to get pregnant.

Ask your health-care provider about immunizations.

Ask about the Tdap vaccine and any other vaccines you may need before, during or after pregnancy.



Your lifestyle before pregnancy can help you have a healthier baby.



Manage Your Reproductive Life Plan

Learn more about family planning.

Contact:

- your health-care provider
- your local family planning clinic (to find a clinic near you, visit www.hhs.gov/opa)
- the Centers for Disease Control and Prevention
 - 1-800-CDC-INFO (1-800-232-4636)
 - 1-888-232-6348 (TTY)
 - www.cdc.gov.

Talk with your partner.

Make decisions together about which contraceptive methods to use and when to start a family.

Get regular screening tests.

Talk with your health-care provider about which tests you need and how often.

Family planning puts you in charge!

Important Community Resources

- **Community Mental Health Centers of Kentucky.** This network of organizations provide psychiatric, behavioral health, and intellectual disability services for Kentuckians of all ages. Services include outpatient treatment, emergency care, individual and/or family therapy, substance use disorder programs and screenings. **Call 502-564-4527** or connect with them on **Facebook**.
- **The Kentucky Child and Adult Abuse Hotline** can help people who are physically, emotionally, or sexually abused. Remember, domestic violence affects people of all ages, races, ethnic groups, income levels, and education levels. **Call 1-800-752-6200** for more information and to report abuse.
- **The National Sexual Assault Hotline** can help those who have been sexually assaulted or raped (forced to have sex). The decision whether or not to have sex with someone is your choice. **Call 1-800-656-4673** for more information on consent and coercion and to report an incident.
- **The National Human Trafficking Hotline.** Labor and sex trafficking happens in both large cities and small towns. While some human trafficking victims have been abducted and forced into service, most victims are exploited by someone they know. If you or someone you know is a victim of human trafficking, call **1-888-373-7888**. Someone is available to listen and to help 24 hours a day.
- **The National Suicide Prevention Lifeline** provides 24/7, free and confidential support for people in distress and prevention and crisis resources for you or your loved ones. **Call 1-800-273-8255**.

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