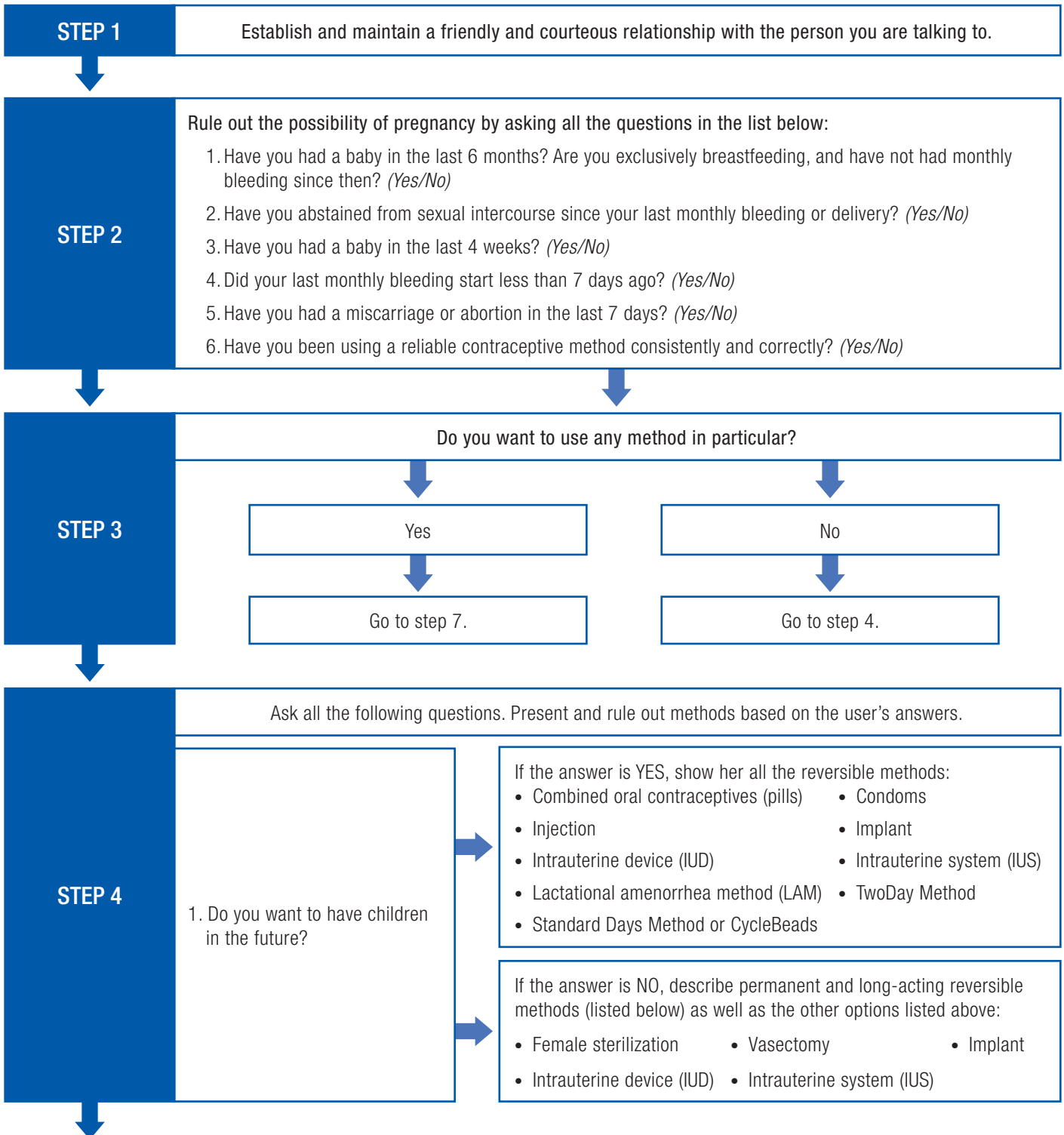
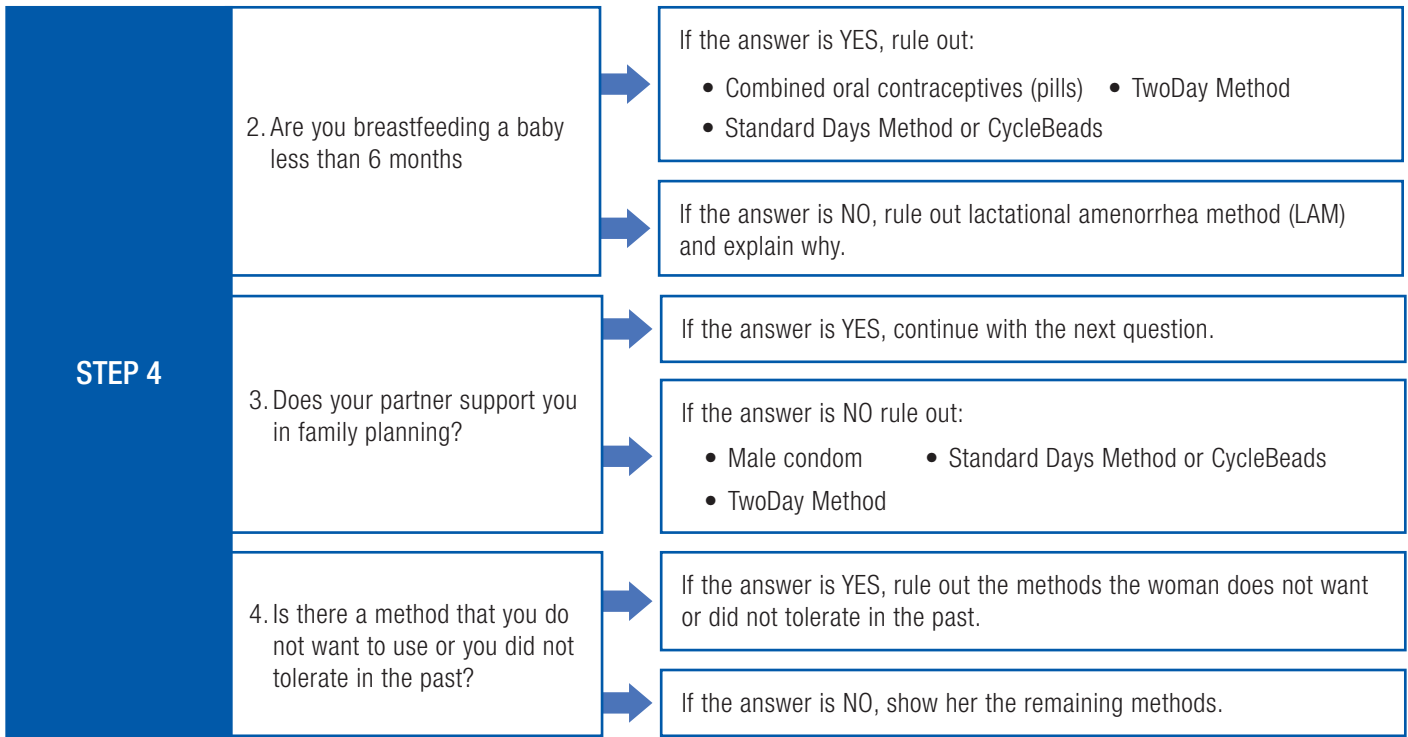


BALANCED COUNSELING IN FAMILY PLANNING

Algorithm: 13 steps to give balanced counseling in family planning (FP) in the context of the Zika epidemic





STEP 5

Inform her of the remaining methods using the image shown below, a flip chart, or other educational material. Remember to mention each method's level of protection or effectiveness:

- Some methods are more effective than others.
- The protection or effectiveness of each method is measured by the number of pregnancies that happen in one year for every 100 women using the method.

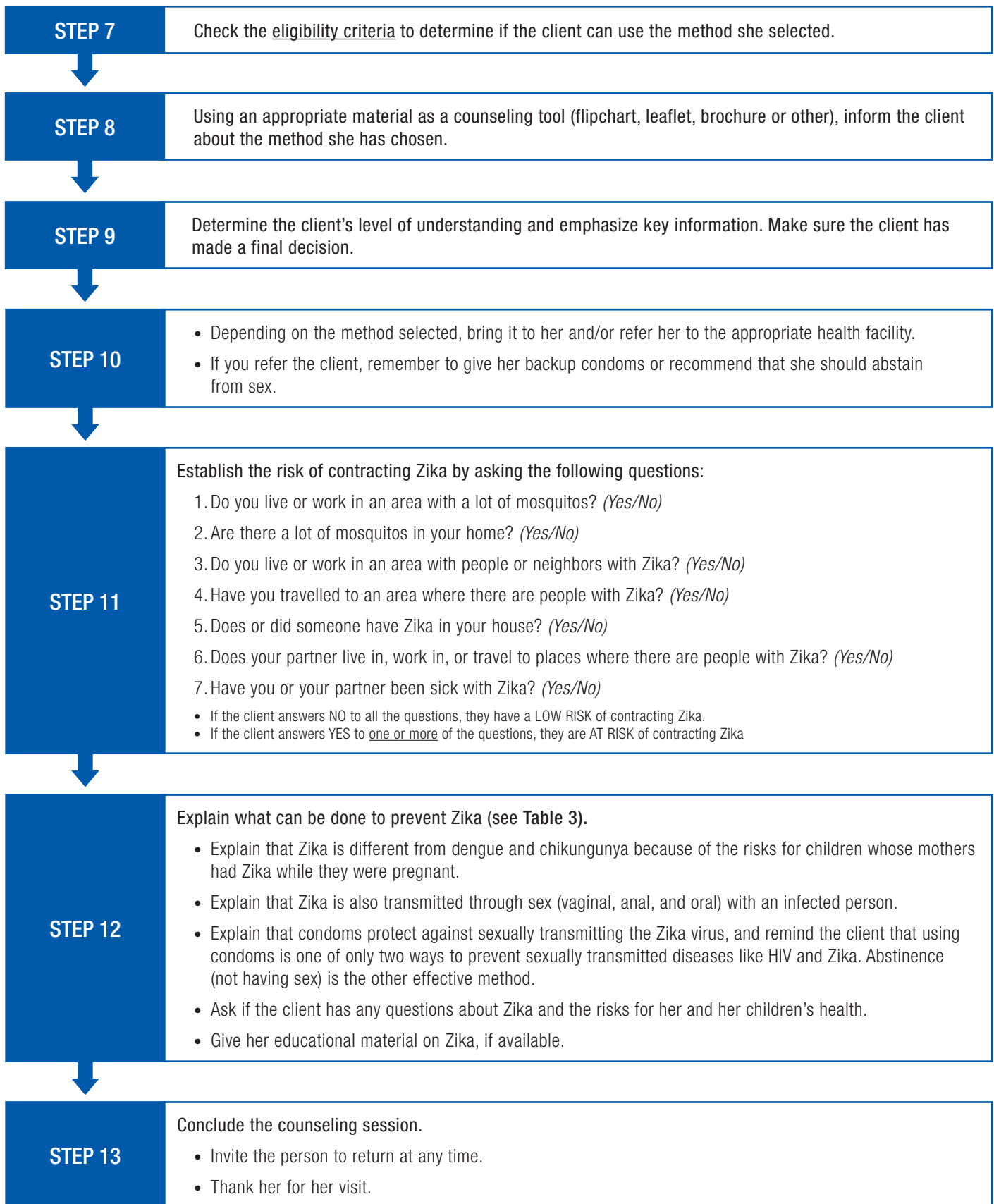
Comparing Effectiveness of Family Planning Methods

More effective Less than 1 pregnancy per 100 women in 1 year	Implants	IUD	Female sterilization	Vasectomy	How to make your method more effective
	Injectables	LAM	Pills	Patch	Implants, IUD, female sterilization: After procedure, little or nothing to do or remember
	Male condoms	Diaphragm	Female condoms	Fertility awareness methods	Vasectomy: Use another method for first 3 months
Less effective About 30 pregnancies per 100 women in 1 year	Withdrawal	Spermicides			Injectables: Get repeat injections on time
					Lactational amenorrhea method, LAM (for 6 months): Breastfeed often, day and night
					Pills: Take a pill each day
					Patch, ring: Keep in place, change on time
					Condoms, diaphragm: Use correctly every time you have sex
					Fertility awareness methods: Abstain or use condoms on fertile days. Newest methods (Standard Days Method and TwoDay Method) may be easier to use.
					Withdrawal, spermicides: Use correctly every time you have sex

STEP 6

Method selection

Among the remaining methods, ask the client to choose the one that is most convenient for her.



EMERGENCY CONTRACEPTION

Emergency contraceptives help prevent pregnancy when taken within the first 5 days following unprotected sex.

They do not cause an abortion, stop an ongoing pregnancy, or damage a developing embryo.

They are safe for any woman, including those who cannot use continuous hormonal contraception.

When a woman requests emergency contraception, it should be an opportunity to offer her a regular family planning method.

There are many options for emergency contraceptive pills, including products specifically designed for emergencies and progestogen-only and combined oral contraceptives.