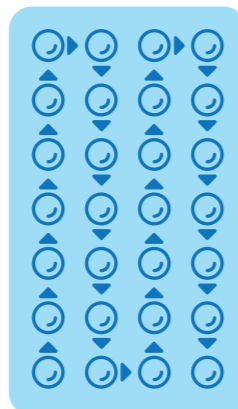


## For your partner, below are the methods she can choose from:

### CONTRACEPTIVE PILLS:

- These are pills taken everyday to prevent unplanned pregnancy.
- They should be taken at the same time every day for them to work well.
- If you have effects after using pills, talk to a trained health worker.



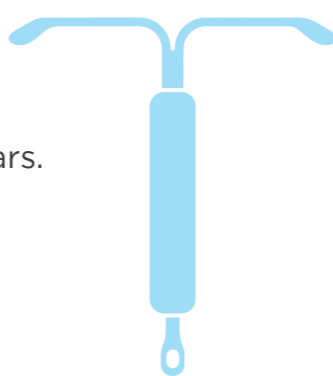
### THE INJECTABLE (DEPO-PROVERA AND SAYANA PRESS)

- This is an injection given to a woman every 3 months to prevent pregnancy.
- The injection must be given by a trained health worker only.
- If you have effects after receiving this injection, talk to a trained health worker.



### THE INTRA UTERINE DEVICE (IUD)

- This is a small flexible device with a T shape that is inserted into the uterus of a woman.
- It protects the woman from getting pregnant for up to 12 years.
- If your partner has effects after the insertion of an IUD, talk to a trained health worker.



### THE IMPLANT

- This is a small rod that is inserted into a woman's arm just below the skin.
- It protects the woman from getting pregnant for up to 5 years.
- If your partner has effects after receiving an implant, talk to a trained health worker.



### TUBAL LIGATION

- This is a simple operation to cut and tie the tubes so that the sperm cannot meet the egg in a woman's tubes.
- It is a permanent method meaning your partner can never become pregnant again.
- It should only be used if you and your partner do not want to have any more children.
- For your partner, below are the methods she can choose from:
- You should however, abstain from sex or use another family planning method e.g. condoms, for three months after the operation to avoid making your partner pregnant.
- If your partner has effects after undergoing a tubal ligation, talk to a trained health worker.



### EMERGENCY CONTRACEPTION

- These pills must be taken once within 72 hours after having unprotected sex to prevent unplanned pregnancy.
- They must not be taken daily but only during emergency situations such as:
  - o If a condom has broken or slipped off
  - o After forced sex such as rape and defilement
  - o After unprotected sex
- If you find yourself using emergency contraception more than once in 3 months, go to the health center today to choose a regular family planning method.
- If your partner has effects after taking this pill, talk to a trained health worker.



#### Remember:

- It is only abstinence and condoms that protect against HIV and other Sexually Transmitted Infections.
- Pregnancy prevention methods only work when used consistently and carefully as advised by the health worker.

For more information about preventing unplanned pregnancy, talk to a trained health worker.



MINISTRY OF HEALTH

  
**ESSANYU**  
FOR PARENTHOOD



**USAID**  
FROM THE AMERICAN PEOPLE

**Obulamu?**



## Pregnancy means different things to different people. What does it mean to you?

Before you engage in any sex related act (kissing, hugging, touching, thinking and sex) think about the following;

|                                                           | YES                      | NO                       |
|-----------------------------------------------------------|--------------------------|--------------------------|
| 1. Am I ready to have a baby?                             | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Is my partner ready to have a baby?                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Will having a baby make me and my partner happier?     | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do we have enough time and money to look after a baby? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Does my current situation allow me to have a baby?     | <input type="checkbox"/> | <input type="checkbox"/> |

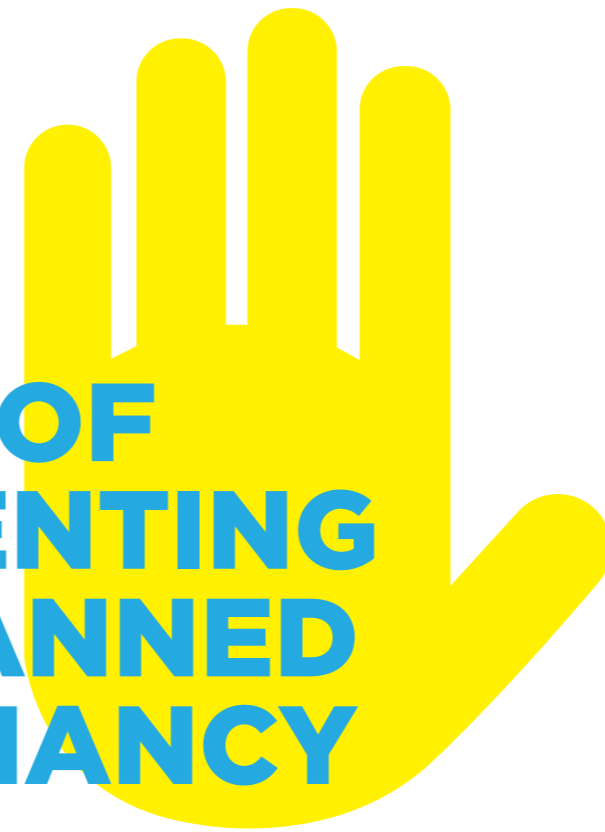
### If your answer is NO to any of the above questions:

1. Talk to your partner.
2. Talk to a health worker about means of preventing unplanned pregnancies OR call this toll free number **0800-211-046**

### If your answer is YES, seek guidance on how to have a healthy pregnancy.

Remember, any sex related act without a pregnancy prevention method could result into a pregnancy.

# WAYS OF PREVENTING UNPLANNED PREGNANCY



If you are not ready to become a father again, there are many methods you and your partner can choose from to achieve your goal.

*For you as a man, abstinence, condoms and vasectomy are the available options to choose from.*

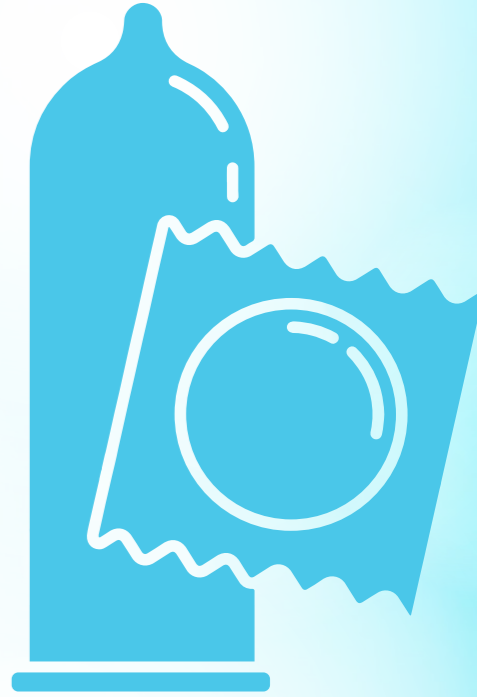
## ABSTINENCE/NOT HAVING SEX:

- Not having sex is the best method for preventing unplanned pregnancy.
- Abstinence also helps to prevent HIV and other Sexually Transmitted Infections.
- Not having sex does not make you less of a man.
- Abstinence also protects you from the worries and uncertainties associated with sex such as HIV and stress.



## CONDOMS (MALE AND FEMALE)

- There are 2 types of condoms: the male and female condom.
- Both help to prevent unplanned pregnancy.
- It is important to check the expiry date of condoms before use.
- Use a new condom for each act of sex and dispose it off correctly after use.
- If used well, condoms prevent both unplanned pregnancy and HIV.
- Condoms are used with another method such as pills, injectables to ensure double protection (dual protection).
- You can easily access condoms at health centers for free and shops at a small fee.
- Condoms also protect against HIV and other STIs.



## VASECTOMY

- It is a simple operation of cutting and tying the tubes that carry sperms to the penis.
- It only takes few minutes, but it is a permanent pregnancy prevention method.
- After vasectomy, you will still have the same sexual urge, but will not be able to make your partner pregnant.
- You should however, abstain from sex or use another family planning method e.g. condoms, for three months after the operation to avoid making your partner pregnant.
- If you have erections after undergoing a vasectomy, talk to a trained health worker.

