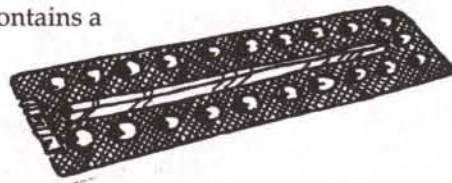


## METHODS PREVENTING FERTILISATION

### TEMPORARY METHODS

#### Pill

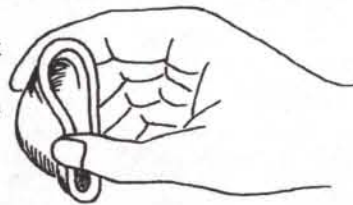
The woman takes a pill every day, which contains a hormone preventing eggs from being produced. She must remember to take the pill at the same time each day. A few women find this method makes them feel unwell, but they can usually change to a different kind of pill.



Using this method, 1 out of 100 women will become pregnant in any year.

#### Cap

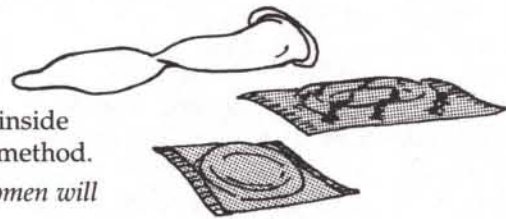
This is a small rubber cap which fits over the neck of the womb, preventing sperm from entering. Various sizes are available and women need to be fitted correctly. If used with spermicide cream, this is quite a reliable method. It is rarely used in Africa.



Using this method, 10 out of 100 women will become pregnant in any year.

#### Condom

This is a fine rubber sack which fits over a man's penis. It collects the sperm and prevents them from going inside the woman. This can be an expensive method.

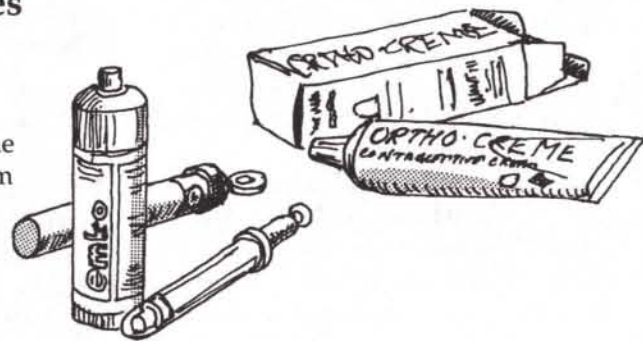


Using this method, about 7 out of 100 women will become pregnant in any year.

#### Foam or Spermicides

These are creams or foams which are placed inside the woman just before sexual intercourse. They damage the sperm, preventing them from reaching the egg.

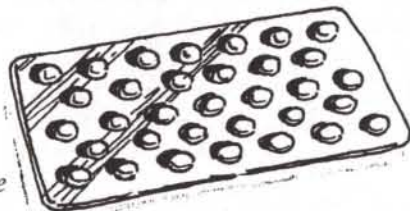
Using this method, about 20 out of 100 women will become pregnant in any year.



#### Mini-Pill

This can be used during breast-feeding. It contains a hormone which prevents eggs from being produced and alters the fluid from the cervix, making it difficult for the sperm to reach the egg.

Using this method, 2 in 100 women will become pregnant in any year.



## PRACTICAL METHODS FOR SPACING FAMILIES

compiled by Isabel Carter

*There are many ways of helping couples to space their families. The most suitable method depends on what is available, the needs of the couple, and on their beliefs about which methods are appropriate.*

*It is important first to understand how a baby is made. Each month a woman's body produces an egg. This lives for just a few days but takes a week to pass down to the womb. If it meets with a sperm released from the husband's body during sexual intercourse, the egg may become fertilised. About half of all fertilised eggs fail to attach themselves to the womb. As with the unfertilised eggs, they pass out of the woman's body during her monthly bleeding. If a fertilised egg does become firmly attached to the wall of the womb, in most cases it will then develop into a baby.*

*Some Christians do not feel that any artificial methods should be used to prevent fertilisation. Others do not feel happy with methods which prevent a fertilised egg from implanting in the womb. Others believe that since so many eggs are lost naturally, these methods are acceptable. The modern medical definition is that:*

**CONCEPTION = FERTILISATION + IMPLANTATION**

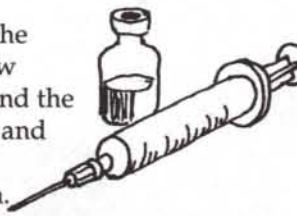
*Each couple should have the opportunity to learn about the different methods and decide what will be right for them.*

*Methods vary in how effective they are. Some will provide almost complete protection from pregnancy. Other methods are not so reliable but may be helpful in spacing births when more children are wanted.*

### SEMI-PERMANENT METHODS

#### Injection (Depo-Provera)

This is an injection of hormones which will prevent the woman from producing any eggs for 3 months. A few women may feel unwell as a result of the injection, and the monthly bleeding may change. This is a simple, safe and popular method. It may take a long time before a woman can become pregnant again after an injection.



Using this method, 1 out of 100 women will become pregnant in any year.

### PERMANENT METHODS

These methods are only for couples who are quite sure that they will never want any more children. They involve cutting the tubes which carry the eggs in a woman, or the sperm in a man. They have no effect on a couple's sex life.

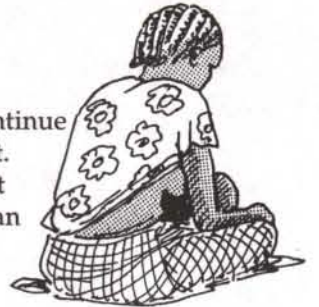
**Vasectomy** is the operation for men. It can be done quickly with a local anaesthetic. The **sterilisation of women** involves surgery and, usually a general anaesthetic, so the woman is normally admitted to hospital. Both are simple operations. There will be some pain for a week and they must avoid heavy work for two weeks.

Using this method, there will be NO further pregnancies, providing the operations have been correctly carried out.

## NATURAL METHODS

### Breast Feeding

Breast feeding is best for a baby's health. Women who continue to breast feed regularly are less likely to become pregnant. This is not always reliable after the first six months, but it will help greatly in child spacing. Remember that a woman can become pregnant before the return of her monthly bleeding.



### Withdrawal (Coitus Interruptus)

With this method, the man prevents his sperm from being released inside the woman's body by pulling out quickly. This is a very unreliable method and very unsatisfactory for both the husband and wife.

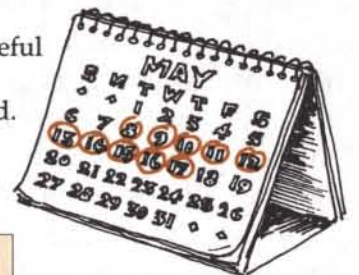
### Abstinence

This simply means that husband and wife agree to live apart, or go without sexual intercourse, for a time (for example while breast feeding). In traditional societies, the wife will often remain with her family for up to two years following the birth of a child.

### Safe Period or Natural Family Planning

This method relies on the couple's understanding of the woman's cycle. They agree to avoid sexual intercourse during the time when the woman could be fertile (one to two weeks each month). The woman is taught to recognise when she is fertile and to keep careful records of her cycle. Illness may upset the cycle. Teaching is needed to understand and use this method.

Using this method, about 20 in 100 women will become pregnant in any year.



Understanding the times when a woman is most fertile may also help couples who have difficulty in conceiving children.

## METHODS PREVENTING IMPLANTING

### I.U.D. (Loop or Coil)

An IUD is a small piece of plastic which is placed inside a woman's womb. While the IUD is there the womb cannot hold and protect a fertilised egg. An IUD can remain in the body for four or five years. This is a simple, safe and popular method.

Using this method, 2 out of 100 women will become pregnant in any year.

