

Family Planning

Method	How to use	Effectiveness (pregnancies per 100 women)	Common side effects	Considerations in HIV. infected
Male / Female condom	Use every time you have sex	Effective when used correctly each time (2 pregnancies/year) Less effective as used commonly (15 pregnancies/year)	None	Condoms are the only contraceptive method that protects against STIs and HIV
Oral contraceptive pills (e.g., Secure)	Take a pill every day	Highly effective when used correctly (<1 pregnancy/year) Less effective as used commonly (8 pregnancies/year)	Menstrual changes, spotting, headaches, nausea	HIV+ women, including those on ART, should use pills in combination with condoms (dual protection) <i>See notes below.</i>
Injectables (e.g., Depo, Pentogen)	Get an injection every 3 months	Highly effective when used correctly (<1 pregnancy/year) Less effective as used commonly (3 pregnancies/year)	Spotting initially, then amenorrhoea; weight gain	HIV+ women, including those on ART, should use injections in combination with condoms (dual protection)
Emergency contraceptive pills	Take within 5 days after condom breakage/other unprotected sex	Reduces chances of pregnancy from that one act of unprotected sex to 1/4 or 1/8 of chances if not used	Nausea	Not as effective as other methods for regular use