

Topic: Family Planning
Class: B.Sc Part –III (Hons.)
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Group – A

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Description

- All forms of birth control have one feature in common.
- They are only effective if used faithfully.
- Birth control pills work only if taken every day
- The diaphragm is effective only if used during every episode of sexual intercourse

- The same is true for condoms and the cervical cap.
- Some methods are automatically working every day, no matter what.
- These methods include Depo Provera, Norplant, the IUD, and tubal sterilization.
- There are many different ways to use birth control.
- They can be divided into several groups:

- **By mouth (oral):** Birth control pills must be taken by mouth every day.
- **Injected:** Depo Provera is a hormonal medication that is given by injection every three months.
- **Implanted:** Norplant is a long-acting hormonal form of birth control that is implanted under the skin of the upper arm.
- **Vaginal:** Spermicides and barrier methods work in the vagina.
- **Intra-uterine:** The IUD is inserted into the uterus.
- **Surgical:** Tubal sterilization is a form of surgery. A doctor must perform the procedure in a hospital or surgical clinic. Many women need general anesthesia.

- The methods of birth control differ from each other regarding when they are used.
- Some methods of birth control must be used specifically at the time of sexual intercourse (condoms, diaphragm, cervical cap, spermicides).
- All other methods of birth control must be working all the time to provide protection (hormonal methods, IUDs, tubal sterilization).