What is Family Planning?
Family planning helps you decide the number of children you want and when you want to have them. It is a decision for you and your partner to make together.

What is the philosophy of the North Dakota Family Planning Program?
The North Dakota Family Planning Program helps men and women take responsibility for their reproductive health through education, counseling, and medical services.

Who can use Family Planning Services?
Family planning services are available to all regardless of age, gender, race, nationality, religion, disability or ability to pay.

Why have Family Planning?
• For healthier mothers, fathers and babies
• For healthier relationships between adults
• So all babies are wanted
• To help parents prepare for parenthood
• To help women who have health problems
• To counsel parents who have inherited diseases

Did you know?
The average woman has 32 or more years in her lifetime when she can bear children.

What is the cost of Family Planning services?
Clients are charged for services according to their ability to pay.

How can I decide about birth control?
Deciding about birth control is a very personal choice. First you need information about all the choices available. This decision is between you and your partner. You will find information about common types of birth control in this pamphlet.

For additional information, contact a family planning clinic or your private physician.

What services are available at a Family Planning clinic?
1. Clients receive education and information about:
   • All contraceptive methods
   • How to use the method of their choice
   • "Safer Sex" practices
   • Pregnancy
   • Nutrition
   • Infertility
   • Sterilization
   • Sexually transmitted diseases/AIDS
2. Clients have annual physical exams which may include:
   • Blood pressure
   • Height and weight
   • Urinalysis
   • Sexually transmitted disease diagnosis
   • Pap smear
   • Physical examination

Clients receive follow-up examinations and services to lessen potential problems.

A trained and caring staff of nurses, nurse practitioners and physicians provide clinical services.

3. Clients receive the contraceptive method of their choice unless there are contraindications to that method.

4. Clients who have infertility problems are eligible to receive medical services. They also may receive referrals.

5. Speakers are available upon request by schools or community groups to discuss family planning or related topics.

6. Pregnancy testing is done.

7. Examinations, treatment and follow-up for infections and sexually transmitted diseases are done.

8. Basic genetic counseling and referral for genetic evaluation are done.

9. Emergency contraceptive services are available.
## METHODS OF CONTRACEPTION

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<th>METHOD</th>
<th>WHAT IS IT?</th>
<th>HOW DOES IT WORK?</th>
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<td><strong>General Contraception</strong></td>
<td>A decision not to have sex until you are ready to make a commitment.</td>
<td>It provides ways of finding out the days each month when you are most likely to get pregnant. Sex is avoided at that time.</td>
<td>More than 99 percent effective if used each time. Condoms used alone are 98 percent effective; spermicides used alone are 97 percent effective.</td>
<td>Insert diaphragm/cap with jelly or cream into the vagina. Spermicides must be used correctly and consistently.</td>
<td>There are no reported problems. No side effects.</td>
<td>No reported side effects from the use of condoms.</td>
<td>Effective and safe. May be bought over the counter.</td>
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<tr>
<td><strong>Diaphragm</strong></td>
<td>The diaphragm is a shallow rubber cup used with a spermicide jelly or cream. The cap is similar to the diaphragm but smaller.</td>
<td>Both methods act as barriers to prevent union of sperm and egg. Both use a sperm-killing agent.</td>
<td>About 98 percent effective.</td>
<td>Spermicides must be put into the vagina before sex. Use each condom only once.</td>
<td>There are no reported problems.</td>
<td></td>
<td>Effective and easy to use.</td>
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<tr>
<td><strong>Condom</strong></td>
<td>For men: Thin, latex, disposable sheath lubricated with spermicide. It is worn over the penis during sex. For women: Soft, loose-fitting lubricated polyurethane pouch with rings on each end. One ring is inserted deep into the vagina. The other remains just outside vagina.</td>
<td>For both: Placed correctly, catches sperm so they can’t enter vagina. Also sheds you from exposure to HIV or other STDs. Protects your partner, too.</td>
<td>About 98 percent effective.</td>
<td>Check the strings at least once each month right before the menstrual period. Make sure the IUD is still properly in place.</td>
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<td>Long-lasting protection for three months. May decrease menstrual cramps and amenorrhea.</td>
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<td><strong>IUD</strong></td>
<td>The IUD is inserted into the uterus. Two ways it works have been suggested: (1) Spermicide jelly or cream.</td>
<td>Prevents the release of an egg from a woman’s ovaries. Makes cervical mucus thicker. Changes the lining of the uterine.</td>
<td>Depo-Provera is 99 percent effective if the shot is received every three months.</td>
<td>Receive the first shot within the first five days after the onset of your menstrual period. If you have just had a baby and are breastfeeding, you should wait six weeks. If you are not breastfeeding, you may get the shot within five days of the birth.</td>
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<td>Benefits of weight gain and loss of bone density (osteoporosis) may occur.</td>
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<tr>
<td><strong>Spermicide</strong></td>
<td>Spermicides must be put into the vagina before sex. Use each condom only once.</td>
<td>Prevents sperm from entering the vagina.</td>
<td>Norplant is 99.9 percent effective.</td>
<td>The capsules are placed under the skin on the woman’s upper arm. If you are pregnant or you have had a miscarriage, you should wait six months. If you are not breastfeeding, you may get the shot within five days of the birth.</td>
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<td>Helps reduce the risk of endometriosis.</td>
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<td><strong>Sterilization</strong></td>
<td>The female condom must be put in place before sex but may be taken out at any time.</td>
<td>It is worn over the penis during sex.</td>
<td>The decision to have no more children is made. A brief surgical procedure is performed on the man or the woman.</td>
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<td><strong>Emergency Contraception</strong></td>
<td>Each day, keep track of the signs you use to tell you when you can get pregnant. Some of the signs are changes in body temperature, vaginal discharge and when you get your period.</td>
<td>There are only positive side effects, such as not getting pregnant or not getting a sexually transmitted disease. “NO” helps you avoid the concerns of a relationship for which you aren’t ready.</td>
<td>There are no reported problems. No side effects.</td>
<td></td>
<td></td>
<td></td>
<td>Effective and safe. May be bought over the counter.</td>
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### Advantages
- Effective and safe. Can be used by both men and women.
- Effective always when needed. Usually not felt by either partner.
- Effective. Always there when not needed. Usually not felt by either partner.
- Effective and safe. May be bought over the counter. May decrease menstrual cramps and amenorrhea.
- Provides protection for five years. May decrease menstrual cramps and amenorrhea. Very effective method with a small chance of complications. Many people think it is not used medically. Not usually or. Tubal ligation woman. Vasectomy man. |