**Pregnancy Checklist**

Before starting any method, ask the client, questions 1-6. As soon as the client answers “yes” to any question, stop and follow the instruction given below.

**NO**
- Ask for the following 3 criteria for LAM (All 3 must be met)
  - The baby is less than 6 months old
  - Menstrual period has not returned after last childbirth
  - The baby is fully or nearly fully breastfed, fed often, day and night at least 8-10 times a day, at least once at night (at least 85% of feeding should be breast milk).

**YES**
- Have you abstained from sexual intercourse since your last monthly bleeding or delivery?
- Have you had a baby in the last 4 weeks?
- Did the first day of your monthly bleeding start within the past 7 days (or within the past 12 days if the client is planning to use an IUD)?
- Have you had a miscarriage or abortion in the last 7 days (or within the past 12 days if the client is planning to use an IUD)?
- Have you been using a reliable contraceptive method consistently and correctly?

If the client answered “no” to all questions, pregnancy cannot be ruled out. The client should wait for her next monthly bleeding or do a Ultrasound Pregnancy Test for Confirmation.

**Comparing Effectiveness of Family Planning Methods**

- **More effective**
  - Less than 1 pregnancy per 100 women in one year
  - Implants, IUD, female sterilization:
    - After procedure, little or nothing to do or remember
  - Lactational Amenorrhea Method

- **Less effective**
  - About 30 pregnancies per 100 women in one year
  - Condoms, Withdrawal, spermicides:
    - Use correctly every time you have sex

**How to make your methods more effective**

- Implants, IUD, female sterilization: After procedure, little or nothing to do or remember
- Vasectomy: Use another method for first 3 months
- Injectables: Get repeat injections on time
- Lactational Amenorrhea Method (for 6 months): Breastfeed often, day and night

**Contraceptive Use - India (2015)**

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