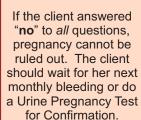
Pregnancy Checklist

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		YES
	 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 in 4 hours, and at least once at night (at least 85% of feeding should be breast milk). 	
	2 Have you abstained from sexual intercourse since your last monthly bleeding or delivery?	
	3 Have you had a baby in the last 4 weeks?	
	4 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)?	
	Share 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 "ves" to at least one of the questions, and she has no signs or symptoms of pregnancy, you can give her the method she has chosen

Comparing Effectiveness of Family Planning Methods

(The least effective are in bottom box)

More effective

Less than 1 pregnancy per 100 women in one year

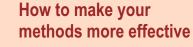






sterilization





Implants, IUD, female sterilization: After procedure, little or nothing to do or

Vasectomy: Use another method for first 3 months

Injectables: Get repeat injections on time

Lactational Amenorrhea Method (for 6



Condoms



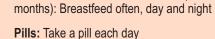
Condoms

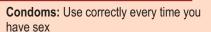




Fertility Awareness

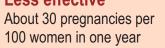
Methods





Fertility awareness methods: Abstain or use condoms on fertile days. Newest methods (Standard Days Method and Two Day Method) may be easier to use.







Withdrawal, spermicides: Use correctly every time you have sex

Contributions made by experts from MoHFW, USAID, BMGF, UK-AID, DHR, Jhpiego, FOGSI, VMMC, LHMC, IPAS, Engender Health, HLFPPT, FPAI, SFW Dept., Delhi and Karnataka are acknowledged





Medical Eligibility Criteria (MEC) Wheel For Contraceptive Use - India (2015)

Family Planning Division Ministry of Health and Family Welfare Government of India

