Long-Lasting Family Planning Methods
For more information about the loop, the implant or other modern methods, please visit the family planning clinic within the nearest health facility offering MyChoice Family Planning services.
1 Introduction

*Note for providers: this flipchart is intended to be used during sensitization talks with women waiting for MCH services. It is designed to help you emphasize key benefits and side effects associated with the loop and the implant. The quotes on the opposing pages are real comments from Zambian women who are satisfied users of these two methods.*

I am sure many of you have heard about different ways to plan your family. I am going to talk to you today about two methods in particular: the Loop and the Implant.

I am going to focus on these two methods, because little information has been shared about these options to date.

We want you to be able to make an informed choice about which method is suitable for you after considering all of your options, so that you can plan a healthy family.

*Prompt Question: “Can any of you tell me what you have heard about the loop and the implant?”*
Now I am going to talk to you about another long-lasting contraceptive method, the implant also known as jadelle or norplant.
The Implant

“I want my daughter to grow up to six or seven years before I have another child. She is three years now. I thought jadelle was good for that. I can stay for all these years without worrying of getting pregnant.”

Satisfied implant user, 33 years old.
The implant is also a highly effective and safe, long lasting modern method
10 How the implant works; its effectiveness & safety

- The implant works by releasing medicine/hormones that interfere with ovulation and make it difficult for the sperm to reach the egg.
- Jadelle implants (2 thin rods of plastic tubing containing levonorgestrel) work for 5 years.
- Implants are inserted in your upper arm. It is a short and painfree procedure.
- The implant takes a few days to become effective, so it is important to use condoms or abstain until that time.
The implant has a few mild side effects

“I liked the implant because the process of putting is not painful, and the method is reliable. Once you put it you cannot get pregnant.”

*Satisfied implant user, 30 years*
There are a few minor side effects associated with the implant

- Some implant users experience irregular bleeding including spotting in between periods and changes in their monthly menses/bleeding.
- Because implants contain hormones, some implant users experience headaches, nausea, weight gain or weight loss.
- Implants should not be used by women with babies younger than 6 weeks but is safe after that point.
Neither the implant nor the loop protect against HIV or other STIs.
Neither the Loop or the Implant protects against HIV/AIDS and other STIs. To protect yourself against HIV and other STIs, it is recommended that you use condoms consistently and know your HIV status.

Note: These methods do not increase the chance that you may contract HIV, nor do they speed up progression from HIV to AIDS. They are safe methods for women who are HIV positive. Providers need not mention this, but should address this issue if it is raised by a client.
Remember:
It’s Your Choice!