

## Family planning



Family planning refers to the use of contraceptive methods in order to control the possibility of pregnancy during sexual intercourse. Thanks to family planning, people can decide when the right time is to be mothers and fathers. So, like the number of children they want to have. Knowing about birth control methods will help you find the right one for you.

### Types of contraceptives:

#### Intrauterine devices (IUD)

This device is T-shaped. There are two types of IUD:

- The copper IUD (the so-called "copper T") releases a small amount of copper, preventing the sperm from fertilizing the egg. It can last up to 10 years and is located inside the uterus.
- The hormonal IUD (the "hormonal T") releases a small amount of hormones to prevent pregnancy. It can last 3 to 6 years and is located inside the uterus.

When pregnancy is desired, it can be removed by the doctor.

#### Hormonal methods

Most hormonal contraceptive methods work by preventing the ovaries from releasing an egg each month, including:

- The implant: it is a small tube that is placed under the skin and can last 3 years.
- The contraceptive injection: administered every 3 months.
- The patch: it is placed on the skin and changed once a week.
- The ring: it is placed in the vagina and changed once a month.
- Oral contraceptives: they are pills that must be taken daily.



#### Barrier methods

Barrier methods act by preventing the sperm and egg from meeting. Some examples are:

- The male condom: it is placed, covering from the tip to the base of the penis. Apart from preventing pregnancies, they are very effective in preventing sexually transmitted diseases.
- The female condom: the thick, closed ring is placed inside the vagina; the thin, open ring remains on the outside, covering the opening of the vagina.
- The diaphragm, the cervical cap or the contraceptive sponge: these are 3 different options that are placed inside the vagina before having sexual contact.
- Spermicide: it is a gel that eliminates sperm. It can be used alone or in combination with some other barrier method.



#### Emergency contraceptives

- The copper intrauterine device: the gynecologist must place it inside the uterus of the person who can become pregnant as soon as possible within 5 days after unprotected sexual relations.

- Emergency contraceptive pills, also known as “morning after pills”, should be taken as soon as possible, no later than 72 hours after unprotected sex. The sooner they are taken, the more effective they will be. However, this should not be a method to use regularly, as it can cause health problems.



### Sterilization

- Sterilization is an option for people who are sure they do not want to have children. In some cases, it can be reversed; however, the probability of pregnancy is low.
- Vasectomy involves cutting or blocking the ducts (tubes) in the scrotum that transport sperm to the outside of the penis.
- Tubal ligation consists of cutting, burning or blocking with surgical rings or clips the ducts (tubes) that transport the eggs to the uterus.

### Unsafe contraceptive methods

- The withdrawal of the penis before ejaculation. Semen may come out before complete removal of the penis.
- Douche shortly after sexual intercourse. Sperm can pass through the cervix in a matter of 90 seconds.

- Breastfeeding. Despite breastfeeding, pregnancy can occur.
- Following the menstrual cycle, evaluating basal temperature (body temperature when completely at rest) and monitoring cervical mucus require constant observation of body changes so that they can be effective. Even so, the probability of pregnancy or contracting a sexually transmitted disease is considerable.



### **Social and Emotional Aspect**

For recommendations, tools and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or contact the following telephone lines:

#### **Medical Advice Line**

1-844-347-7801

**TTY/TDD 1-844-347-7804**

**APS Health**

787-641-9133

#### **References:**

<https://www.topdoctors.es/diccionario-medico/planificacion-familiar>

<https://www.cigna.com/es-us/knowledge-center/hw/temas-de-salud/mtodos-anticonceptivos-hw237864>

<https://medlineplus.gov/spanish/ency/articulo/001946.htm>

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