**Oral Contraceptive Pills**
- Effective short-acting method that is taken everyday.
- Safe for women of any age, including women who have never had a baby.
- The mini-pill is safe for breastfeeding mothers anytime after delivery.

**Injectables**
- Effective short-acting method that lasts 2 or 3 months.
- Safe for women of any age, including women who have never had a baby.
- Safe for breastfeeding mothers with a baby older than 6 weeks.

**Implant**
- Effective long-acting method that lasts 3-5 years.
- Safe for women of any age, including women who have never had a baby.
- Safe for breastfeeding mothers any time after delivery.

**Intra-Uterine Device (IUD)**
- Effective method that lasts 5-10 years.
- Safe for women of any age, including women who have never had a baby.
- Safe for breastfeeding mothers.
- Can be used within 48 hours of childbirth or after 4 weeks of childbirth.

**Emergency Contraceptive Pills (ECPs)**
- Used only for emergencies and not appropriate for regular use.
- Can prevent pregnancy when taken up to 120 hours after unclaimed sexual intercourse.
- Should not be taken more than twice a month.

**Male Condom**
- Effective short-acting method that is used at the time of sex.
- When used correctly at every time, it:
  - Prevents pregnancy
  - Prevents against some sexually transmitted infections (STIs), including HIV/AIDS
  - Safe for breastfeeding mothers

**Female Condom**
- Effective short-acting method that is used at the time of sex.
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**Exclusive Breastfeeding Method (EBM)**
- Effective post-partum method when women meet all three criteria:
  - Are breastfeeding exclusively (day and night)
  - Have an infant younger than 6 months old
  - Do not have menstrual bleeding

**Tubal Ligation**
- Effective permanent method for women who do not want to get pregnant again.

**Vasectomy**
- Effective permanent method for men who do not want their partner to get pregnant again.

**Lagos**
For more information, visit any Childbirth Spacing Centre at:

- **Oral Contraceptive Pills**
- **Injectables**
- **Implant**
- **Intra-Uterine Device (IUD)**
- **Emergency Contraceptive Pills (ECPs)**
- **Male Condom**
- **Female Condom**
- **Exclusive Breastfeeding Method (EBM)**
- **Tubal Ligation**
- **Vasectomy**
Family Planning/ Childbirth Spacing Methods

The right method is the one that suits you

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