

Rumors and Misconceptions—Facts and Realities about Family Planning

RUMORS AND MISCONCEPTIONS	FACTS AND REALITIES
<ul style="list-style-type: none"> It is better to have your children closely spaced while you are young, because it is the time that the woman’s body is strongest. 	<ul style="list-style-type: none"> Closely spaced pregnancies are not good for the health of any woman at any age. Sufficient time between pregnancies will help women to be strong and healthy for the next pregnancy and to have time for proper care of the last-born child.
<ul style="list-style-type: none"> It is more convenient to complete the family, and then use a permanent method of birth control. 	<ul style="list-style-type: none"> It is more important for the family to have a healthy mother and children, which is not possible if the births are not well-timed and spaced.
<ul style="list-style-type: none"> If a condom slips off during sexual intercourse, it might get lost inside the woman’s body. 	<ul style="list-style-type: none"> If a condom slips off during sexual intercourse, it is impossible for the condom to get lost inside the woman’s body.
<ul style="list-style-type: none"> A woman only needs to take the pill when she has sex with her husband Pills make you weak. The pill is dangerous and causes cancer. The pill causes abnormal or deformed babies. Women who take the pill are more likely to have twins or triplets. The pill causes infertility. The pill makes it more difficult for a woman to become pregnant once she stops using it. 	<ul style="list-style-type: none"> A woman must take her pills every day to not become pregnant. . Sometimes women feel weak, and if they are taking the pill, they blame the weakness on the pill. Pills do not make a woman weak. See a health care provider to find out what else might be causing weakness. Studies show that the pill can protect women from some forms of cancer, such as those of the ovary, uterus, and breast. There is NO medical evidence that the pill causes abnormal or deformed babies. The pill has no effect on multiple births. Studies have clearly shown that the pill does not cause infertility or decrease a woman’s chances of becoming pregnant once she stops taking it.
<ul style="list-style-type: none"> ECPs cause abortion. 	<ul style="list-style-type: none"> ECPs do not cause abortion. ECPs will not end an established pregnancy, but it will prevent pregnancy by interrupting ovulation or implantation.

Handout #13 Rumors and Facts About Family Planning Counseling

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<ul style="list-style-type: none"> • A woman who uses injectables (DMPA) will never be able to get pregnant. • Injectable contraceptives cause cancer. • A woman will not have enough breast milk if she uses injectables while breastfeeding. • Injectables stop menstrual bleeding which is bad for a woman's health. • Injectables cause abnormal or deformed babies. • Injectables cause irregular bleeding, which leads to anemia. 	<ul style="list-style-type: none"> • Sometimes there is a delay of 6 to 9 months after the last injection for a woman's fertility to return to normal. • Research has clearly proven that injectables do not cause cancer. In fact, injectables have been shown to protect against ovarian cancer. • Studies show that the amount of breast milk does not decrease when breastfeeding women use injectables six weeks after birth. • Amenorrhea is an expected result of using injectables, because women using injectables do not ovulate. This kind of amenorrhea is not harmful. It helps prevent anemia and frees women from the discomfort and inconvenience of monthly bleeding. • There is no evidence that injectables cause any abnormalities in infants. Studies done on infants who were exposed to DMPA while in the womb showed no increase in birth defects. It is worth noting that in past years, DMPA was used to prevent miscarriage. • During the first 3 to 6 months of DMPA use, irregular bleeding may be experienced in the form of spotting or minimal bleeding. This usually stops within a few months of continuous use of DMPA and rarely results in anemia.
<ul style="list-style-type: none"> • A woman who has an IUCD cannot do heavy work. • The IUCD might travel inside a woman's body to her heart or brain. • If a woman using an IUCD becomes pregnant, the IUCD will become embedded in the baby's forehead. • The IUCD rots in the uterus. 	<ul style="list-style-type: none"> • Using an IUCD should not stop a woman from carrying out her regular activities in any way. • There is no passage of IUCD from the uterus to the other organs of the body. • The IUCD placed inside the uterus stays there until a trained health care provider removes it. • Rarely will an IUCD perforate the uterus, but the health worker can identify this and necessary actions can be taken to remove the IUCD. • If the IUCD is accidentally expelled, it comes out of the vagina, which is the only passage to the uterus. • If a woman gets pregnant with an IUCD in place, the health care provider should remove the IUCD immediately. • If for some reason the IUCD is left in place during a pregnancy, there is no evidence that it will harm the baby in any way, and it is usually expelled with the placenta or with the baby at birth. • If there are no problems, the IUCD can remain in place and be an effective contraceptive method for 5 to 12 years⁴². The IUCD is made up of materials that cannot deteriorate in the body.

⁴² The hormonal IUD is effective for five years while the copper 380A IUD is effective for up to 12 years.

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<ul style="list-style-type: none">• A woman who has a tubal ligation loses all desire for sexual intercourse.• A woman who has a tubal ligation becomes sick and unable to do any work.• A woman who has a tubal ligation has to be hospitalized.	<ul style="list-style-type: none">• Tubal ligation has no physiological effect on the woman. Her sexual drive should remain the same as before.• A woman who has had tubal ligation can resume regular activities as soon as she is free from post-surgical discomfort. It does not affect her ability to work and does not make her weak or sick.• There is no need for hospitalization for a female tubal ligation. It is a short surgical procedure and the woman can return home after resting for some time at the hospital (approximately two hours).
<ul style="list-style-type: none">• A man will lose his sexual drive after a vasectomy.• A vasectomy will make a man physically weak.• There will not be any semen production after a vasectomy.	<ul style="list-style-type: none">• A vasectomy does not interfere with the man's reproductive physiology. His sexual drive remains.• A vasectomy does not make a man physically weak—he can get back to his regular work in 2 to 3 days' time.• Semen will be produced as usual; only the sperm will not be part of the semen.