Family Planning and You

Family planning methods, such as pills, Depo, implants or IUCDs, are very effective in preventing unintended pregnancy when used consistently and correctly.

Risks of unintended pregnancy include:
• Maternal illness and death
• Unsafe abortion
• Infant mortality

Contraceptive methods provide lifesaving benefits for mothers and infants.

Healthy Living with HIV

Consistent ARV use greatly reduces the risk of transmitting HIV to your partner.

Continue to take your ARVs to lower the risk of transmission to your partner.

Why Should You Care?

Be informed that although the risks are not clear, you and your partner need this information so that you are able to make your own decision related to Depo use and HIV prevention, including condom use, based on your own life circumstances.

Talk to your health care provider for more information.

This brochure was developed with technical assistance from HC3 and financial assistance from USAID.
Some recent studies show that Depo could possibly increase the chance of an HIV negative woman getting HIV through sexual contact.

Even though the possibility is not clear and studies are still going on, you and your partner need to understand the possible effects of Depo on getting HIV.

Studies do not show any effect of Depo on the transmission of HIV to partners or on HIV progression.

While these are important things to think about, the reality is, if you use Depo there is uncertainty about how this may affect your risk of HIV.

There is currently no information available that suggests other contraceptive methods, such as implants, the pill or hormonal IUCDs’ impact on your risk for HIV infection.

All women, regardless of their HIV status can use ANY type of family planning method that they choose provided they have been assisted by the family planning provider to make an informed choice.

Taking Depo does not affect the way ARVs work.

ARV use does not affect Depo or IUCD’s ability to prevent pregnancy.

Some ARVs, such as Efavirenz and Nevirapine, may reduce the ability of pills or implants to prevent pregnancy.

It is important to use Depo along with condoms to reduce the risk of getting HIV.