

**Ottawa County Department of Public Health
FAMILY PLANNING PROGRAM**

Welcome to our **Family Planning** program! Our services are confidential and are priced according to your income or insurance; you will not be turned away because of an inability to pay. Services are by appointment only and are available in Holland, Grand Haven, and Hudsonville.

Our services are limited; we do not provide primary care such as medications for illnesses/chronic conditions or testing like ultrasounds/x-rays/labs.

- Please arrive on time to complete paperwork
- Please call to cancel your appointment if you know you can't make it
- Please call if you have questions or concerns – a nurse will call you back within 24 hours (Mon - Fri)

If you have a medical emergency:

- Call 911 or go to the nearest urgent care/emergency department
- If you have a primary doctor, contact the doctor's on-call service by calling his or her office (You are responsible for all charges related to the emergency care.)

Birth control options are listed on the other side in order of effectiveness with typical use. Emergency contraception is also available. Ask for our **free condoms!**

Depending on your choice of birth control, some prescriptions can be filled at a pharmacy, some can be mailed to your home, and some can be given to you while you are here.

For your overall health, we want to encourage healthy lifestyle choices, such as:

Healthy habits:	Females	Males
Regular exercise	30 minutes most days of week	Same
Healthy diet	Low sodium/fat; normal portions; whole grains; lean protein; ½ intake fruits/vegetables; ↑water ↓ sugar	Same
Body Mass Index goal: 19-24	Example: 5'0" tall: 97 to 127 pounds is normal range	Same
Blood pressure goal	< 120/80 = optimal; 120-139/80-89 = prehypertension; repeated readings ≥ 140/90 = hypertension	Same
Calcium - recommended amounts (take with Vit D 400-800 IU/day)	Non-pregnant: 1,000 - 1,300mg/day On Depo Provera: 1,300 – 1,500 mg/day	Same
Folic acid - recommended amounts	Non-pregnant: 400 ug/day	Same
Breast or Testicular self- awareness	Examine monthly for changes	Same
Smoking/Nicotine cessation	No amount is safe! Affects health of your whole body.	Same
Safe environment from abuse	Please let us know if you are living with abuse - we can help	Same
Pap testing per current guidelines	Possibly every three years if history of normal tests	N/A
Mammograms per guidelines	Annual screening @ 40 years, sooner if other concerns	If lump found

Immunization services and **Sexually Transmitted Infection (STI)** services are also available by appointment and charges will vary. **STI** services are available at our Holland site. Testing can be done to check for HIV, chlamydia, gonorrhea, herpes, hepatitis B, and syphilis.

**Ottawa County Department of Public Health
FAMILY PLANNING PROGRAM**

Methods Methods in red available in-house	# *	How to use it	Some risks
Abstinence	0	Willpower, requires partner cooperation	
Sterilization Surgery For Women	1	One-time procedure; nothing to do or remember	Pain, bleeding, infection, post-op complication ectopic pregnancy
Surgical Sterilization Implant for Women	1	One-time procedure; nothing to do or remember	Mild to moderate pain after insertion; ectopic pregnancy
Sterilization Surgery For Men	1	One-time procedure; nothing to do or remember	Pain, bleeding, infection
Implantable Rod (hormonal)	1	One-time procedure; nothing to do or remember	Acne, weight gain, ovarian cysts, mood changes, hair loss, headache, upset stomach, dizziness, sore breasts
IUD: progestin (hormonal)	1	One-time procedure; nothing to do or remember	Cramps, bleeding, pelvic inflammatory disease, tear in uterus, changes in your periods, lower interest in sex
Copper (non-hormonal)	1	One-time procedure; nothing to do or remember	Cramps, bleeding, pelvic inflammatory disease, tear in uterus, changes in your periods, lower interest in sex
Injection: progestin (hormonal)	1	Need a shot every 3 months	Bone loss, bleeding between periods, weight gain, breast tenderness, headaches
Oral Contraceptives (hormonal) (Combined Pill: estrogen and progestin)	5	Must swallow a pill daily	Dizziness, nausea, changes in your cycle, mood changes, weight gain, high blood pressure, blood clots, heart attack, stroke
Oral Contraceptives (hormonal) (Progestin-only)	5	Must swallow a pill daily	Irregular bleeding, weight gain, breast tenderness
Oral Contraceptives (hormonal) (Extended/Continuous)	5	Must swallow a pill daily	Risks are similar to other oral contraceptives, bleeding, spotting between periods
Patch (hormonal)	5	Must wear a patch daily for 3 weeks	Exposure to higher average levels of estrogen than most oral contraceptives
Vaginal Contraceptive Ring (hormonal)	5	Must leave ring in daily for 3 weeks	Vaginal discharge, swelling of the vagina, irritation, risks similar to oral contraceptives
Male Condom	11-16	Must use every time you have sex; requires partner cooperation	Allergic reactions
Diaphragm with Spermicide	15	Must use every time you have sex	Irritation, allergic reactions, urinary tract infection, toxic shock
Sponge with Spermicide	16-32	Must use every time you have sex	Irritation, allergic reactions, hard time removing, toxic shock
Cervical Cap with Spermicide	17-23	Must use every time you have sex	Irritation, allergic reactions, abnormal pap test, toxic shock
Female Condom	20	Must use every time you have sex	Irritation, allergic reactions
Natural Family Planning	24	Must be able to recognize signs of cyclic fertility	Incorrectly identifying signs of fertility, not reliable if irregular cycles
Withdrawal	27	Must use every time you have sex	Dependence on partner's self-control
Spermicide	30	Must use every time you have sex	Irritation, allergic reactions, urinary tract infection
*****	**	*****	*****
Emergency Oral Contraceptive (hormonal)	15	Must use within 72 hours of unprotected sex (off-label use: 120 hours)	Nausea, vomiting, abdominal pain, fatigue, headache

*Number of pregnancies expected per 100 women who use this method over one year

EXCEPT FOR ABSTINENCE, LATEX CONDOMS ARE THE BEST PROTECTION AGAINST HIV/AIDS AND OTHER SEXUALLY TRANSMITTED INFECTIONS. OTHER METHODS OF BIRTH CONTROL DO NOT PROTECT AGAINST SEXUALLY TRANSMITTED INFECTIONS.