



Are you looking for birth spacing?

## Acnot - اكنوت

Cyproterone Acetate 2mg  
Ethinylestradiol 0.35mg

### The Magic Pill with Dual Action

- Effective therapy for hyper androgenic disorders including Acne
- Superior contraceptive efficacy
- Good cycle control & tolerability
- Excellent long term safety profile
- Convenient once daily dosage
- No alteration in body weight

## Desofam - ديسوفام

Desogestrel 0.15mg  
Ethinylestradiol 0.03mg

### 3rd Generation Contraception with added benefits.

- An ideal combination of newer & highly effective contraceptives
- Improves acne and mood changes
  - Reduces facial hair growth
  - Protection against endometrial & ovarian cancer
  - Safe for long term use
  - Good Cycle control & less period pain

## Famila 28 - فامبلا-28

Levonorgestrel 0.15mg  
Ethinylestradiol 0.03mg

### The most acceptable & reliable low dose combine oral pills for birth spacing

- Extremely suitable for common use due to its special formulation
- Chances of becoming pregnant is approximately 1% per year



## Famila Injection - فامیلا انجکشن

Medroxyprogesterone Acetate 150mg

### 3 Months Protection

Birth spacing injection that provides complete protection for 3 months

- A safest method used in more than 100 countries
- Ideal for Nursing mothers
- Highly effective, convenient and reversible
- Purely progestational therapy



Rs.90/-

## Norifam Injection - نوریفام

Norethisterone Enanthate 50mg  
Estradiol valerate 5mg

### 1 Month Protection

- Work exactly as does the combined pills
- Highly effective & safe for short term contraception
- Rapid return to fertility
- More regular bleeding pattern



Rs.40/-

## Emkit - ایم کٹ

Levonorgestrel 0.75mg

### Emergency Contraceptive

Most effective emergency contraceptive pills used in case of unprotected sex

- 2 tablets of Emkit (Levonorgestrel 0.75mg) at once within 72 hours of unprotected intercourse or contraceptive failure (like condom rupture or missing/irregular pills)
- Progestin only pills (Emkit) emergency contraception retained some effectiveness up to 120 hours(5 days) after contraceptive failure (like unprotected coitus, condom rupture or missing/irregular pills)



Rs.15/-

## Emkit D-s - ایم کٹ ڈی ایس

Levonorgestrel 1.5mg

### World's first single Tablet emergency contraceptive

- 1 tablet of Emkit D.S. (Levonorgestrel 1.5mg) within 72 hours of unprotected intercourse or contraceptive failure (like condom rupture or missing/irregular pills)
- A single tablet confirms dosage compliance



Rs.15/-

Birth Spacing Saves Lives





# Birth Spacing: Things to Remember

## 1. What is birth spacing?

Birth spacing does not mean stopping the birth process. It means that husband and wife should decide, with mutual consultation, how many children they want and what should be the difference in their ages; so that they may be brought up properly and be given the due care that is every child's right.

## 2. What are the modern methods of birth spacing?

The modern temporary methods of birth spacing include injections, pills, rings (for females) and condoms (for males).

## 3. What should be the minimum gap between 2 children to have a smooth life? What is the benefit of a gap?

There should be at least a 3 year gap between the births of 2 children, as the mother loses a lot of her health due to pregnancy and childbirth and it takes her a few years to recover completely. Moreover, in the first 3 to 5 years, the child needs complete parental attention, and through birth spacing parent can give each child the attention it deserves.

## 4. We have married recently and we don't want children right now. What birth spacing method should we adopt?

Condoms are the best birth spacing method for the newly married. You can also use Familia 28 pills with the consultation of your doctor. In case of contraceptive failure (like unprotected coitus failure, condom rupture or missing/irregular pills) Emkit or Emkit DS (emergency contraceptive pills) can also be used.

## 5. We have 3 children and we haven't yet decided about more. What birth spacing method should we use?

Contraceptive ring is the best birth spacing method for woman who have 3 to 4 children and who have not yet decided about more kids. You can also use Familia Injection (3 months injection), Norifam (1 month injection), Familia 28 pills and Desofam pills.

## 6. I have recently given birth to a child and I don't want another child for at least 3 more years. What contraceptive method should I adopt now?

Women, who have recently given birth to a child and who breastfeed, can start using Familia Injections 6 weeks after the delivery. Familia Injection does not affect the quality or quantity of the mother's milk. However, if you do not breastfeed, you can use Familia 28 tablets after consultation with your doctor.

## 7. When do we use Emkit tablets? Is there a difference between Emkit and Familia 28?

Emkit is an emergency contraceptive pill used in case of unprotected intercourse or contraceptive failure (like condom rupture or missing/irregular pills) to avoid unwanted pregnancy, while Familia 28 is combine oral contraceptives pills which is to be taken daily for birth spacing.

## 8. What are the possible side effects of Familia 28?

You may feel slight discomfort like abdominal pain or breakthrough bleeding and spotting between periods. In such cases, continue the pills as these symptoms will disappear on their own. However, consult your doctor if bleeding continues or you feel some other pain.

## 9. Will I continue to have periods after a course of Familia 28-F pills?

The chances of your not having regular periods after a course of Familia 28-F pills are very limited. However, if you have missed 1 or 2 periods after stopping the pills, then consult your doctor. It is necessary to make sure that you are not pregnant before continuing the pills. Use some other birth spacing method during this time.

## 10. What if I forget to take a Familia 28 tablet on time?

You should take the missed pill as soon as you can and then take your next pill at your usual time. This may mean taking two pills in one day.

## 11. I forgot to take 2 pills continuously. What do I do?

Take 2 pills on the day you remember and 2 pills the next day. Finish the rest of the pack as usual.

## 12. What if I forget 1 or more white pills?

If you have missed 1 or more white pills; if you did not start your packet from the first day of your periods or if there are less than 7 pills left in your packet then discard this packet, start from the first white pill of a new packet of Familia 28-F and take the pills continuously for 7 days. During this period, also use a backup form of birth spacing as the risk of pregnancy increases with each gap in the white pills.

## 13. Will I continue to have periods during the course of white pills?

No! During the course of white pills you will not have periods. However, it will not affect your health.

## 14. What if I miss a brown pill?

Discard that day's pill and do not take it the next day. Once the brown pills end, start your new packet the next day with a white pill

## 15. What are the conditions in which women should not use birth spacing pills?

Birth spacing pills should not be used:

- Till 4 to 6 weeks after delivery, even if you are not breastfeeding
- 1 week before and 2 weeks after any operation or in case of long bed rest
- If you think you are pregnant

## 16. What are the diseases in which we cannot use birth spacing pills?

Women, who have a history of blood clotting in legs, lungs and eyes, who are diagnosed with breast or genital cancer, or who have a history of heart disease, strokes or unexplained vaginal bleeding should not use birth spacing pills.

## 17. What are the possible side effects of birth spacing pills?

In the beginning, you may have stomach disorder, vomiting, irregular periods, weight gain or pain in the breasts. Women who smoke should avoid smoking while using birth spacing pills.

## 18. What are the conditions in which I should consult my doctor?

You should consult your doctor if you feel pain or heaviness in the chest, coughing blood, shortness of breath, pain in knees, unexplained severe headache, nausea and vomiting, weakness or faintness, blurring of vision and hearing impairment, numbness of arms and limbs, difficulty in walking, low energy, mood swings and yellowing of eyes and skin.

## 19. What are the benefits of using birth spacing pills?

Birth spacing pills help reduce pain during periods, minimize the blood loss, and reduce the risk of ovarian infection and cancer.

## 20. Can I recommend Familia 28-F pills to others?

These pills have been specifically prescribed to you. Other people who want to do birth spacing should first consult their doctors or health centre. Especially the women who have a history of diabetes, blood pressure, cholesterol, migraine, fits, or diseases of pancreas, heart or kidney must take advice from their doctor before starting these pills.

## 21. What is the difference between Familia 28 and Familia 28-F pills?

Familia 28 and Familia 28-F pills have the same composition in the white pills; however in case of Familia 28 the brown pills contain Placebo whereas the brown tablets of Familia 28-F contain Ferrous Fumarate.



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