

Table 3 Type of family planning (FP) method used, reasons for use, complications faced among women who practise FP (n = 511)

Variable	%
<i>FP method^a</i>	
Injectable	2.7
Withdrawal	3.7
Breastfeeding	4.5
Condom	7.8
Tubal ligation	10.4
Pills	30.1
Intrauterine device (loop)	32.9
At least one natural method	35.4
At least one modern method	67.7
<i>Reasons for using current FP method^a</i>	
Economic	0.6
Physician's advice	10.8
Do not want to have children	17.6
For child spacing	71.0
<i>History of side-effects</i>	
Reduced breast milk	0.2
Back pain	0.2
Irregular period/absence of period	0.2
High blood pressure	0.2
Anxiety	0.4
Intrauterine device rejection	0.4
Nervous/heart palpitation	1.0
Got pregnant	1.2
Nausea and vomiting	1.4
Obesity	2.0
Vaginal discharge	2.0
Abdominal pain	2.3
Severe headache	3.1
Bleeding	4.1
Any side-effect	15.9

^aMultiple answers were accepted thus percentages do not add up to 100.