

LARC User_CU1

Interview Location: respondent home

Respondent category: LARC User

Date: 16 May 2018

Respondent: RB

Interviewer: MS

Interview was conducted by MS, in respondent's home, in village M*** of J***.

Respondent's home was next to their agricultural land. Respondent had been identified by the survey team and contact information taken for participation in an interview. Field manager then contacted for consent to participate and fixed a time for interview. Area LHW accompanied us to respondent home.

Purpose of the research and scope of interview were explained to the respondent and verbal consent taken from her. Before the interview began, it was confirmed that the respondent had read and signed the informed consent form.

Interviewer is indicated as I and Respondent as R

Background information

Years in marriage: 14 years

Education: Middle school (8 years)

I: As I just explained to you the research study aims to understand family planning knowledge and beliefs. I am also interested in understanding the practices for obtaining information on FP methods as IUDs and implants. I particularly want to understand the kind of people you turn to for information on these methods and the description of social networks that influence your decisions to obtain and use these methods. I will refer to these methods as (LARC) if that is ok with you. This research is looking at Long Acting Reversible Contraception (LARC) use among married couples in peri-urban and rural areas of Pakistan especially Islamabad.

I: Can you tell me name of the LARC method you are using?

R: I have the Norplant capsules (implant), in my (left) arm. I got this about three years ago, from Poly Clinic.

I: So, I will ask more details about that later.

Now, can you please tell me your age and how long have you been married

R: I'm about 30, 32 years old and I have been married for almost 14 years now.

I: How many children do you have?

R: I have 4 children; 3 boys and 1 girl.

I: And how old are they?

R: My oldest son is 13 years old now and the youngest one is 3 years old. My daughter is 10 years old and the middle one is 7 years.

I: Tell me, have you been to school?

R: Yes; I'm middle pass (8 years of school).

I: What about your husband? Did he also go to school?

R: He is also middle pass.

I: and what work does he do?

R: We have a dairy farm and agriculture land also, so he takes care of that work. Before this he was working in a construction company in Karachi.

I: Other than your family members, who else lives in this house

R: My mother-in-law and brother-in-law's family also live here, with us.

I: How long have you lived here, in this area

R: Since I got married, 14, 15 years now. My family is from Pindorian (village near Rawalpindi); I came here when I got married

I: As you were saying earlier.....When did you first learn about contraceptives for family planning?

R: From the health worker here, Nasreen baji. She visits all the houses here, for Polio drops and other health problems, like dengue. So she would come and tell us about family planning methods.

I also knew about it from my older sister and cousins; because they were also using family planning method (mansooba bandi kay tareeqay).

I: What method were your sister and cousins using?

R: They had the IUD and one was taking injections, but they did not suit her, so she stopped using that. My sister had the IUD (tube); mostly women in my family use that (IUD). My bhabi (sister-in-law) is also using the capsule (implant), she also got it from Poly Clinic.

I: So is she using any other method, after injections

R: I did not ask her but I think she is using condoms now;

I: What did N*** (the health worker) tell you, about family planning?

R: Baji would tell us that if we want to have gap before next pregnancy, then we can use the condoms, which she can give us. She also has pills but I didn't want to use that. She also told me about the injection and *tube* (IUD).

I: and what did she tell you about Injection and IUD?

R: She said she can give me injection, which will be for two, three months and I have to remember to take that on same date after two months.

I: ... and *tube* (IUD)?

R: I knew about that from my sister, that it is put inside the uterus (*bacha dani*). Nasreen also told me about it and about where I can get it from, because I asked her about that.

I: You said you did not want to use the pills; why is that?

R: You have to take one every day and I thought I would forget with all the house work and children's work. I had also heard that they can cause problems for next pregnancy.

I: Who did you hear that from, about the pills causing problem for pregnancy?

R: From women in my family, neighbors; Baji also said better not to use pills and use condom. See my husband was not here then so I did not use any method regularly, only when he was here, we used Saathi (condoms)

I: What did N*** Baji (LHW) say about pills?

R: She (LHW) said they (pills) can cause problem in the woman's system, like I can stop having my periods or I can have too much bleeding or spotting. She said some women had used them and then they had to take treatment before they could pregnant again.

I: So, you have used other family planning methods before starting this method?

R: Yes, we used Saathi (condoms).

I: ... and you used the condom for gap between all your children

R: Yes; my husband was in Karachi before, so we used it (condoms) when he used to come home. But now our family is complete, and my husband is also here now so I asked Baji about what I can use because we do not want any more children.

I: ... you did you not use any method other than condoms?

R: No, nothing else.

I: When did you first hear about the capsule/Implant?

R: The local LHW here old me about Norplant (implant); I asked her about family planning method I can use now because my family was complete. She said I can get the operation done but I did not want that. She told me about the capsules (implant) and also about the ring (IUD). I did not want the IUD because I know some women in my family who had many health problems with it. So, I asked her about the capsules. My sister-in-law and one of cousins had also got this from Poly clinic and they said it was very easy to use, like they had no problems with it.

I: What did the LHW tell you about capsules/Implant

R: Baji said I can get them from Poly Clinic, and she will tell me name of the doctor who will do this for me.

I: You said women in your family had problems with the IUD; what problem did they have?

R: Yes, my cousin had the IUD and with that she had too much bleeding; so much that she became very weak and had dark marks on her face; she used to be very healthy and fair skinned before. Then the doctor told her to have the IUD removed because that was causing the bleeding. Another cousin also had the same problem of heavy bleeding but I think she took some medicines for it. I'm not sure if she is still using IUD or not.

I: So, what did the LHW tell you about what the capsule/Implant will do and how it will work?

R: Yes; she said doctor will give a small cut and place it in my arm. She said that it will work like injections and I will not have my periods after the doctor has put it in my arm and I will not get pregnant then.

I: After getting information from LHW, you then went to Poly Clinic? Or talked to someone else?

R: I went to Poly Clinic. Baji wrote the name on a paper for me and told me to go to Poly Clinic. She told me that she will talk to the doctor there, so I can go there. She called the doctor there when I went. It will be almost 3 years now since I had it placed; now I can't feel it in my arm anymore.

(Note: DPWO places the implants free of cost).

I: Did you talk about using the implant with someone in your family or friends?

R: No, I usually ask the LHW for all such problems. But I did tell my neighbor about it, they are 'ghair' log (some one belonging to different clan), but she is my good friend and I talked to her. She said its good that you are getting this done.

I: What did you tell her?

R: She is using the IUD so I had asked her about how it feels and if she has any problems; she said it was ok but she has spotting problem sometime. So then I told her about the capsules (implant) and she said if I have good experience with it, she will also get that.

R: What about your husband? Did you talk to him?

I: Yes; he didn't stop me from getting it; said good that you get it (acha hai karwa lo) done; he also does not want any more children.

I: What did you say to your husband?

R: I told him about the capsules Baji had told me about; because you see both of us don't want any more children, our family is complete.

R: Your husband is in favor of family planning?

I: Yes, he is in favor of having gap between children (waqfay kay haq main hai); that is why we used Saathi before

When our family was complete, he gave me permission to get the implant; and now that its (implant) time is about to finish, he reminded me to go and get it (implant) replaced as well; I had it placed after my youngest son was born, about three years ago. After one month, the three

year time limit for this will finish; he asked me the other day as well that it will be three years and I should go get a new one

I: How did you go to Poly Clinic?

R: I went on the local transport from here, with my sister-in-law (bhabi). She had also got hers from there, so I asked her to go with me

I: How much time did it take to get there?

R: It takes about one hour to get to the city, from here

I: Can you tell me what happened when you were at Poly Clinic?

R: My bhabi had gone there before so she took me to the Mansooba bandi clinic downstairs. I told the doctor there that N*** Baji has sent me. Doctor there asked me if I have my husband permission for this. Then she told me how she will put the capsule in my arm and how it will start working when she puts it in my arm.

I: What did she tell you?

R: She said that the medicine in the capsule will not let me get pregnant and if I want to have another child, she can remove this and I can become pregnant in one to two months. I told her that I don't want any more children. She said that I will have heavy bleeding one or two times with my periods but then it will be normal again. And then bleeding will become very less. She said she will give me an injection in my arm to make it numb and then put the capsule in my arm. She told me there will be some pain and swelling in my arm and I should not do any heavy work with it for some days.

R: Did the doctor at Poly Clinic tell you about any bad health effects that you can have after she puts the capsules?

I: She said that I will have heavy bleeding with my periods for one or two months and gave me a medicine to take if it happens. And she said that if I feel that it is not getting better and I want to have it removed, then I can go back to her for that.

I: Do you remember how much time it took for you to go there and get the procedure

R: My sister-in-law (bhabi) said its better to go early so we went after children went to school. There were not many people there. Maybe one, one half hour; its been three years now, I don't remember exactly, but it did not take a long time.

I: And what was the age of your youngest child then?

R: He was 6 months old; Baji had told me to go when then.

I: What did she (LHW) say?

R: She said doctor will not put the capsule in first six months after baby because of breastfeeding; so I should go when I start giving him other foods as well, at 5, 6 months.

R: So, did you have any problems after you had the capsule placed?

I: In the beginning I had a lot of bleeding during my periods. Then I took a medicine and now I have my periods on time and they are normal.

R: Did the doctor at Poly Clinic tell you about this medicine?

I: Yes, she gave me a medicine to take if I had too much bleeding; but I took it and that did not help/have effect. Then I went to a private doctor here and she gave me a medicine to take for about one month. After that it was fine and I did not have any heavy bleeding or anything like that.

R: Which doctor did you go to

I: Dr. Humaira Almas; her clinic is in Kuri

R: Can you tell me the name of the medicine doctor gave you?

I: I don't remember now; its been three years

R: So did the heavy bleeding start with the first period you had?

I: Yes; and I started taking the medicine doctor had given me. I took it for a month, but it did not have much effect. In the second month again I had heavy bleeding, then I went to Dr. Humaira and I took medicine from her. She also gave me a medicine to take for the whole month and that helped. After that, I have not had a problem with bleeding.

I: Will you go now to have the implant placed again?

R: Yes, I will. I'm thinking of having this removed and a new one placed. But I'm afraid of what they might do when they remove it (pata nahin kiya karain gay who log). See ... it has disappeared from my arm, I can't see it anymore and I can't feel if it's here or not. Maybe it has moved somewhere else! So, I don't know how they will take it out!

I talked to the LHW also about this; she said to call the doctor and ask what to do. She said she will go with me next month to get the new capsules.

I: So you will have the implant again; or any other method, like IUD?

R: Yes I will have the implant again, this one is about to finish next month.

Not the IUD. Two, three of my relative got that and they suffered a lot of ill health. They live in Taxilla and had it done from there. One of them told me that she had a lot of problem with challah (IUD) and said not to get challah or tube. This method is good, and I did not have any problems with it

I: Did you talk to your cousin before you got the implant?

R: No, I told her after I had done that, and she said this is good, better way (yeh acha kaam hai) than the tube (IUD). Two of my relatives are also using it now after I told them about it.

I: Do women from your village come to ask your advice about this?

R: Yes, I've told two, three girls. They said they want to have gap in children. So, I said to get this method (implant) done. It's good; better than injection or the tube (IUD). With the tablets,

you have to remember to take it every day and some times you can forget to take it on time. Injection also same problem.

But then its their personal decision to have it placed or not. But whoever asks me, I tell them its good to have gap in children.

Thank you for your time and for participating in the interview.

- Supportive husband
- Previous use of contraceptive also for purpose of spacing pregnancies
- Use of contraceptives common among female family members; referred to as 'norm'
- Interaction with Mother-in-law later: supportive of birth spacing and limiting number of children, cited financial limitations in light of caring for children and providing good education for them in limited resources

LARC User_CU2

Interview Location: respondent home

Respondent category: LARC User

Date: 27 May 2018

Respondent: RB

Interviewer: MS

Interview was conducted by MS, in respondent's home. Respondent had been identified by the survey team and contact information taken for participation in an interview. Field manager then contacted for consent to participate and fixed a time for interview. Area LHW accompanied us to respondent home.

Purpose of the research and scope of interview were explained to respondent and consent taken from her. Before the interview began, it was confirmed that the respondent had read and signed the informed consent form.

Interviewer is indicated as I and Respondent as R

Background information

Years in marriage: 8 years

Education: Matric (10 years)

I: As I explained to you, the research study aims to understand family planning knowledge and beliefs. I am also interested in understanding the practices for obtaining information on FP methods as IUs and implants. I particularly want to understand the kind of people you turn to for information on these methods and the description of social networks that influence your decisions to obtain and use these methods. I will refer to these methods as (LARC) if that is ok with you. This research is looking at Long Acting Reversible Contraception (LARC) use among married couples in peri-urban and rural areas of Pakistan especially Islamabad.

I: You indicated in the survey that you are using a LARC. Before we begin, can you tell me name of the LARC method you are using?

R: Yes, I'm using the IUD (challah). Its been about 8 months now. Before this one, I used the first one for about three years

I: So you have used challah (IUD) twice?

R: Yes

I: Right, before we talk about that, can you tell me your age?

R: I'm 27 years old

I: How long you have lived here in this area and when did you get married?

R: I came here after I got married, about 7 years now. I'm from Jhang Sayedan and my husband's family all live in this village.

I: Did you go to school?

R: I have done F.A but did not work anywhere. I learnt to do stitching after completing F.A and then did that for some time but after the children, I did not get time to do that anymore.

I: What does your husband do – did he also go to school?

R: He has also done F.A and is office assistant in the law ministry as permanent employee (pakki nokri). He also has a taxi but his brother drives it.

I: Can you tell me how many children you have? and their ages

R: I have three children.

I: How old are they?

R: My oldest son is 7 years old, then I had my daughter who is 5 years old now and the youngest one is a boy and he is 10 months old. He was born in Poly Clinic

I: All your children were born there, in Poly Clinic?

R: No; first one was born in Poly Clinic. Then my daughter was born in NIH hospital in Chak Shahzad. For this baby, I went to Poly Clinic again because there was no doctor here (in NIH Hospital).

I: Did you go there for your ante natal checkups also?

R: Yes

I: Why did you go to the Poly Clinic and NIH Hospital?

R: My husband has entitlement for Poly Clinic and NIH, both hospitals. NIH hospital is near to us so we go there mostly.

I: About the Challah (IUD), you are using it for the second time now?

R: Yes; first time was after I had my daughter. I had it removed because we wanted to have another child.

I: When did you first learn about using contraceptive methods and family planning?

R: I knew about them from my cousins and sisters; then the health worker here, she came after my older son was born and told me about Saathi (condoms) and pills. She said that I can use that to have gap before next pregnancy.

I: What did your cousins and sisters tell you?

R: They talked about family planning methods they were using, like when we would be together. I heard about challah and injections from them because they were using it and they talked about any problems they had or if it suited them.

I: And what did the health worker tell you?

R: She told me about Saathi and pill, and also injections. Like how they work and I can take them from her if I want to use them.

I: Did you use any other method before Challah (IUD)?

R: Yes, we used condoms (saathi). I wanted to have two year gap after my son was born. But I did not want to use the pills because I know some women here who used them, and they had bleeding problems. Women said that when they started the pills, their weight also increased. And I had also heard from my cousins that you can have problem in becoming pregnant again, with use of pills. So we decided to use condoms,

After my son, we used saathi and then because we wanted to have another child, we stopped. But after I had my daughter, I wanted to have a longer gap before having another child. So, I asked the doctor in NIH about this and she said challah (IUD) is better and I can have it placed from there (NIH). So I got that after my daughter was born.

I: The women who used the pills, are they your neighbors?

R: Yes

I: Are they still using pills?

R: I'm not sure; they said they had this problem when Baji was telling us about it.

I: When you used this method first time, did you hear about this from someone else also?

R: Yes, from my sister. And then the nurse in NIH Hospital told me about this. After my daughter was born there, I asked the nurse there about where I can get a challah (IUD) from, for a longer gap. I wanted to have a gap of three, four years. She told me that the hospital has Family Planning clinic and I can get the challah (IUD) and capsule (implant) from there, after my post partum period ends (after chillah). Then I asked the doctor also about what to use for longer gap, and she also told me about these methods. She said I can have it removed from there also, whenever I want to have next child or if I have any problems with it.

I: So why did you decide to use the challah (IUD) and not capsules (implant)

R: I had heard from women in my village that the implant (capsule) can give women problems of very heavy bleeding and in getting pregnant again after they have used it. So, I decided to get the challah (IUD). I know women in my family are also using the IUD, so I asked them about it, and they said it's a good thing and easy to use also. They did not have any problems with it.

I: How did you know they are using a challah (IUD)

R: They would talk about it with each other, when we are together. So, I knew from there

I: What did they tell you about challah (IUD)

R: They said that its easy to use and they have not had any problems with it, like it did not hurt and there was no bleeding problem

I: Did you discuss with your husband for using this method?

R: Yes; we both decided to get this. Both my children were very young and I wanted to have some gap before another child. So I talked to my husband about this (IUD) and told him that there is option for 5 years and 10 years and he said to have the 5 year one.

I: After you decided to get the challah (IUD), what did you do

R: I went to the doctor in NIH Hospital after the post partum period (chilah) ended and had it placed from there.

I: How did you go there?

R: I went with my cousin, she also lives here.

I: In a taxi?

R: No, with my brother-in-law; he has a Suzuki (public transport vans, common in the area) for school, so I asked him to take us there

I: What did the doctor tell you about the challah (IUD)? and what to do if you have any problem?

R: She told me about how she will put it in and that I might get heavy bleeding in my periods for one to two months after the IUD and said that if it happens then I should go back to her. But I did not have any such problem. I had my periods on time and they were not heavy.

I: How did she tell you? Did she use any book?

R: She showed me the IUD and told me how she will put it inside. There was also a chart with picture of uterus (bacha dani) on it.

I: How much did you pay for it?

R: I think it was Rs. 10 or something like that; only parchi (token) fees for the hospital

I: Why did you have the first IUD removed?

R: We wanted to have another child. So, when my daughter was three years old, I had it removed.

I: Where did you go to have it removed

R: To the NIH hospital doctor.

I: Did you have any problem in that?

R: No; I told the doctor there I want to have another child so want to get this one removed, and she did that.

I: When you were using the first challah (IUD), did you have any problems with it

R: With the first one, I had no problems like bleeding or spotting or any other thing. Baji (LHW) here would also come and ask about it also but it was ok and I told her the same.

But with this time (with the second IUD), initially I was fine but now I have some back pain, I feel weakness in my legs all the time and I also did not have my periods this month. I got worried about that and went to the doctor to get myself checked for pregnancy because my sister became pregnant when she was also using the IUD and her daughter is same age as my baby boy. But the doctor said that IUD is in place and I'm not pregnant. She gave me a medicine to take for one week, so I'm taking that medicine now.

Some women of my family are telling me to have it removed because they say it (IUD) is causing the weakness. I talked to Baji (LHW) about it also but she said weakness is not because of that. I'm also breastfeeding my son, so she said it is because of that and said to have food which will give me energy, drink milk and eat more in the day. She said if the problem of becomes worse, then I should go back to the doctor.

I: Where did you have the second IUD placed from?

R: For this one, I went to Poly Clinic

I: And how did you go there?

R: I went with my husband, after the post partum period (chilah)

I: What did the doctor in Poly Clinic tell you about IUD

R: She told me about how they will put the tube and that maybe I will have heavy bleeding or spotting with it. I told her that I have used the IUD before. She also gave me a medicine to take if I have heavy bleeding, but I did not have that problem.

I: Do you have plans to have another child?

R: No, no. Three is enough; my husband also says the same. I wanted to have my operation done because I have two sons now; but the doctor said that they don't do operation for women who are less than 35 years age. She said to continue use of the Challah (IUD); this one I have now is for 10 years. Maybe after this time, I will have operation.

I: Do people, like your cousins or neighbors, ever ask you about family planning method you are using

R: Yes, women in my family, neighbors here, ask me about what I'm using; and also ask me if it hurts or do I have any pain with it.

I: What do you tell them?

R: I tell everyone that I'm using this for the second time now; my sister-in-law also had it placed after I had my first IUD and then removed it after 5 years.

My younger sister also had it but she conceived while she had the IUD and had her daughter same time as my son. She had it done from a private clinic and I had mine from government hospital. Now she did not have the IUD again. She is taking pills now.

Thank you for your time and participation

Interviewer reflections

- Entitlement for health care; frequent interaction with HCPs, LHWs
- Respondent later shared that she had gone to Dr. Shakila for the bleeding problem and she had given her Transamine
- Repeat user of IUD; shows satisfaction with method
- Family trend for use of IUDs
- Self and spouse seem to have understanding of birth spacing and health risks of short spaced pregnancy

LARC User_CU3

Interview Location: respondent home

Respondent category: LARC User

Date: 26 May 2018

Respondent: N

Interviewer: FS

Interview was conducted by FS, in respondent's home, in Tumair.

Respondent had been identified by the survey team and contact information taken for participation in an interview. Field manager then contacted for consent to participate and fixed a time for interview. Area LHW accompanied us to respondent home.

Purpose of the research and scope of interview were explained to the respondent and verbal consent taken from her. Before the interview began, it was confirmed that the respondent had read and signed the informed consent form.

Interviewer is indicated as I and Respondent as R

Background

Married since: 3 years

Education: Matric

I: As I just explained to you the research study aims to understand family planning knowledge and beliefs. I am also interested in understanding the practices for obtaining information on FP methods as IUDs and implants. I particularly want to understand the kind of people you turn to for information on these methods and the description of social networks that influence your decisions to obtain and use these methods. I will refer to these methods as (LARC) if that is ok with you. This research is looking at Long Acting Reversible Contraception (LARC) use among married couples in peri-urban and rural areas of Pakistan especially Islamabad.

I: Before we begin, you indicated in the survey that you are using a LARC. Can you tell me the name of the method you are using?

R: I had the IUD (challah) placed from the Greenstar clinic here after my chillah finished (post partum period). Its been almost 3 weeks now since I got it.

I: I would like to begin by asking about your education – Did you go to school?

R: I have done matric and after that I started teaching in a local school here. I did that for about two years but stopped after my older sister got married. (I: Why? ...) to help with the household work my mother's health was not very good, so I had to help with the house work, taking care of my younger brothers. We also had our animals, so there was that work also.

I: Can you please tell me when you got married and how long has it been since

R: I've been married for three years now; I was 25 when I got married. We got engaged 4 or maybe 5 years before that but he was in Dubai at the time, so we got married after he came back from there.

I: What work was your husband doing in Dubai?

R: He worked in a construction company, as labor worker.

I: Is he still there?

R: No, he did not go back after the work finished there. He is a driver and also has his own taxi.

I: So, you have been living here since you got married?

R: Before that, I was born here. This is our native village (aabai gaon)

I: Can you tell me how many children do you have?

R: I have two children; my daughter is 2 years old and my son just turned 2 months, this week.

I: When did you first learn about family planning methods

R: My mother-in-law is a health worker (LHW) and she told me about this. She has posters and books in her home and women also come to talk to her about methods for family planning (mansooba bandi). After my son was born, she said to start using something to have space (bachon main waqfa karo) before having any more children.

I: Who did you talk to about getting the IUD method?

R: My mother-in-law told me about the challah (IUD) and capsules (implant) and said to use something for family planning (bachon main waqfa). So I talked to my husband about using

some family planning method and he agreed. So I asked my mother-in-law about where to get them from. She said to go to Complex (PIMS), after post partum period ends.

I went there with my husband, but the doctor was not there that day and I came back and told my mother-in-law. She said better to get the method done soon so she said to go to a clinic here;

I: Do you know name of the clinic

R: Yes; it is the Greenstar Clinic, there is Dr. A*** there.

I: So then you went there

R: Yes; my mother-in-law also went with us to the Greenstar Clinic in J***, to Dr. A*** (LHV). And I got the challah placed from her.

I: How did you go there

R: We went with my husband, in his taxi. My mother-in-law said that he has taken the day off any way so better to get this done today.

I: When you went there, what did you say to Dr. A***

R: I wanted to get the rod (implant) so I asked her about that; but she said it will be better to get the IUD (challah) because of the breastfeeding. She said it is not good to give capsules to women when they are breastfeeding. My mother-in-law also said to get the challah (IUD) so I got that placed.

I: How did you know about the rod (implant)

R: I had heard about it from my mother-in-law. She said it is a new method so I thought I will get that

I: Okay, so Dr. A*** suggested that you should have the challah (IUD)

R: Yes; she asked me if I was breastfeeding my baby and I told her I was. So she said that I cannot have the rods now. That's why she said this will be a better method for me

I: What information did Dr. A*** give you about use of this method, about side effects you can have, and what to do if you have them?

R: She showed me the challah (IUD) and told me how she will put it inside. I asked her if it would hurt to have the method and she told me that she has given this method to many women in the village and they have not had any problems with it. She told me about how she will put the IUD inside me and said that I may feel a little dizzy after she has done that. She also gave me a medicine to take if I have heavy bleeding problems, because she said it can happen to some women.

I: What did she tell you about bleeding problems?

R: She said some women have heavy bleeding for some time after the challah (IUD) but then it will be like normal after two or three months.

I: Did you have any problem after she placed the IUD?

R: Only for a little time; I got up immediately after she had placed it, so I felt very dizzy; the doctor told me to keep lying down for some time. It was ok after maybe 15, 20 minutes.

I: Did she tell you anything else?

R: Yes, she told me that I might have some back pain and spotting, she also gave me two medicines to take, for one week. She said that if I have spotting for long time or there is heavy bleeding, or for a longer time than I normally have, then I should go back to her. She also told me to not lift any heavy weights for two to three months. But it's been 3 weeks now and I have not had any problems.

I: How much did you pay Dr. A***

R: We paid Rs. 500 for the challah (IUD) and medicines.

I: What medicines did she give you

R: I don't know the names; she gave me tablets in a small bottle from her clinic.

I: Did you use any other method before challah (IUD)?

R: We used condoms (Saathi) for some time after my daughter was born and then I wanted to have my second child, so we stopped using it when my daughter was about one year old. I got pregnant with my son then.

I: How did you get the condoms?

R: My husband brought them himself

I: How long has it been since you had the chillah (IUD) placed and what has been your experience so far?

R: It's been about three weeks now and its ok. I felt a little irritation on the first day but since then it has been fine. I told my MiL about it and she said that it will go away after some time. She said women can have some small problems like this (itching, pain) for three months and then it will be ok and it (IUD) will adjust with your body.

I: Have you heard about IUD being used by other women?

R: Yes, women in the neighborhood, who have had it, they talk about it. Some are satisfied with it and some say it gave them problems, so better not to have it. They come to talk to my MiL also, so I know they are using the same method.

I: What problems do they talk about?

R: They talk about having heavy bleeding or spotting or pain in the back, all the time that the IUD was there. And some say they have become weak after it because of heavy bleeding and find it difficult to do the house work.

I: Has anyone ever asked your opinion about the IUD? What do you tell them?

R: No one has asked me yet but I don't have any problems either so far. Lets see what happens later. But if they ask, I will tell them that I have not had any problems with it (IUD) and its good to use.

I: Did you have any problems in getting the chillah (IUD) placed?

R: Not really; only that the day I went to complex, whole day was wasted. My husband also took a day off from work and we waited there the whole day. But doctor had gone to have her tooth extracted and they said to come after 2 days. So we came back and I told my MiL. She said to get this done now than delay to another day and took us to the clinic in the village, so that I can get the procedure done in time, after the chillah (post partum period).

I: Did you ever think about the how long you are going to use this method?

R: I will use this for another 3 or 4 years, I don't know for sure. We have not decided. But now my children are very young, and my husband also said to get this done.

Because you see, my daughter was about a year old, when I conceived again with my son. I do not want another baby yet, because both my children are very young. So I asked my MIL about using something for having a gap before next pregnancy and she said that after the post partum period (6 weeks), she will make arrangements for family planning method for me.

I: If someone asks your advice about using LARCs, what do you tell them, considering your own experiences

R: No one has asked me so far; but if some one does, I will tell them its good method to have, because I have not had any problems. And I will tell them to go to Dr. A*** because she did the procedure well and her clinic was very clean also. I was watching her the whole time and she cleaned everything before she put the tube (IUD) inside.

Thank you for your time

LARC User_CU4

Interview Location: respondent home

Respondent category: LARC User

Date: 24 May 2018

Respondent: N

Interviewer: MS

Interview was conducted by MS, in respondent's home, in T***.

Respondent had been identified by the survey team and contact information taken for participation in an interview. Field manager then contacted for consent to participate and fixed a time for interview. Area LHW accompanied us to respondent home.

Purpose of the research and scope of interview were explained to the respondent and verbal consent taken from her. Before the interview began, it was confirmed that the respondent had read and signed the informed consent form.

Interviewer is indicated as I and Respondent as R

Background Information

Married since: 5 years

Education: Bachelors

I: As I just explained to you the research study aims to understand family planning knowledge and beliefs. I am also interested in understanding the practices for obtaining information on FP methods as IUDs and implants. I particularly want to understand the kind of people you turn to for information on these methods and the description of social networks that influence your decisions to obtain and use these methods. I will refer to these methods as (LARC) if that is ok with you. This research is looking at Long Acting Reversible Contraception (LARC) use among married couples in peri-urban and rural areas of Pakistan especially Islamabad.

I: You indicated in the survey that (a) you are using a LARC (Implant) for family planning. Can you please tell me what method you are using

R: I'm using the capsules (implant), its here in my arm (left arm)

I: Can you please tell me your age

R: I am 28 years old now

I: and how long you have been married

R: I've been married for five years

I: Did you go to school

R: Yes, and I have done B.A

I: Do you work anywhere

R: No, I'm a house wife. I used to give tuition to children before I got married but now, I don't have time

I: What does your husband do? Is he also educated?

R: He has a real estate business, working for Bahria Town (nearby housing society). He has done F.A

I: When did you hear about family planning and use of contraceptives?

R: After my first son was born; I had the C-Section and then doctor told me I should use some method to avoid pregnancy in next two years. She told me about different contraceptives like injections and pills. I wanted to get the IUD then but I had infection inside after the C-Section so the doctor said better to use other methods.

I: When did you first hear about the Implant method

R: I heard about this method from my relatives in village, Mansehra. My mother lives there and I had gone there to have the baby. My mother told me about the IUD (ring) method; my sister, some of my cousins are also using that (IUD) method. So I asked the doctor about that but she said that method (IUD) will not be good for me; then she told me about the Norplant method.

R: Why did you go there, to your village

I: I don't have any family members living here. My mother lives there and I went to have the baby there. My father is also working as a medical technician in the medical center there and my children were born there. My husband's family is also living there.

I: So, after the second baby, you asked the doctor about getting ring (IUD)

R: Yes; You see, I had both my children by operation, so my sister and mother said that I should use something for family planning now because I have had two children one after the other and that too by operation. I thought I will get the ring (IUD) so, I asked about it from my sister and some of my cousins who were already using this method. They said it is good method, easy to use and they did not have any problems with it. They all also said that I should use something because I have had both children with operation and if I get pregnant again, then because of operations, I can have health problems.

I asked the doctor there about having the ring (IUD) but she said that I should have the Implant (capsule) because I had infection after the first C-section operation, and the ring (IUD) cannot be put inside because of that.

I: What information did the doctor give you about implants

R: She said the implant will be better for me; she told me it will start to have effect after 4 hours of placement. She told me about the side effect of heavy bleeding problem but said that it will settle in 2 to 3 months and I shouldn't get worried by that.

I was very scared about it and asked her many questions, about how it will work and where she will put it. She explained the process about what she will do; she said she will make a small cut and this medicine will be placed in upper part of arm. She said that if I did not like having it or if I had any problems like heavy bleeding then I can have it removed as well.

I: Did you have it placed in the same hospital where you had your operation?

R: Yes; My second baby was born in the 7th month and was in ICU for two months. I was there with him in the hospital. So I asked the doctor about family planning then. The doctor then placed the capsules when I was in hospital with the baby

I: Did you pay any fees for it

R: Yes, I paid Rs. 2500 for it

I: Did you use any other method before LARC?

R: No, I have not use anything else before; we only used condoms for some time after my first child.

I: Did you talk with your husband for using this method?

R: Yes; we decided together for this. I told him that there is option for 3 years and 5 years and he said to have the 5 year one and then I got Norplant capsules.

I: What made you decide to use this (implant) long term method?

R: I wanted to have gap between my children now. In both my pregnancies, I faced many health problems. Both time I had operation (C-Section). After the first operation, I got infection inside and my stitches had to be opened. I remained in hospital for one week after that.

Then in the second pregnancy, I started having bleeding in 7th month, so doctor did an operation early. My son was then in ICU for 2 months.

So, I wanted to have a gap now for better health of me and my children. The doctor said it will be better to have this method. Its been almost three years now, since I've been using this method.

I: What has been your experience with this method? What do you think about this method?

R: For the first year, I just had the issue of irregular menses but now its fine and there is no problem. Its been more than 2 years now and my menses/periods are regular now.

I: Did you ever think about the discontinuation of this method?

R: Not yet. I will stop using it, but after 5 years, to have next baby. Now my children are very young, they need my care and my own health is not perfect yet. I think it is better if I keep using it.

I: Do people ask you about the method you are using? What do you tell them, about your own experiences

R: Yes, some women asked me about what I'm using; I tell everyone about it; I told my sister-in-law to get this done as well because she had all her 3 children by operation. But she did not get it because her husband did not agree. And now she is pregnant again. And her youngest baby is 1 year old now.

Fareeda, my neighbor, helpless woman (bechari) also has two children, with 1-year gap and she is pregnant again now. I told her also to start using this method, but her husband did not agree. It's all about husband support you see (baat saari husband ki marzi pay hi aa jati hai).

Some women tell me that they had many problems of heavy bleeding, irregular cycles with it but I never had any of those problems. I think this method suited me well and its a relief also to not have side effects.

My mother-in-law also keeps telling me to avoid this gap plan. She says that by using this method I will not be able to become pregnant again. So, sometimes I used to fear about it. But then I asked K*** baji (LHW) about it and she took me to the Falahi Markaz clinic; doctor there told me that it's a safe method and if I'm not having any problem with it then I should not worry. She said people are just afraid of side effects, but they are not something very common and very few people get them. And even if women have some side effects then with medicine, we can control it. So now I don't worry.

Thank you for your time

LARC User_CU5

Interview Location: respondent home

Respondent category: LARC User

Date: 22 May 2018

Respondent: A

Interviewer: MS

Interview was conducted by MS, in respondent's home, in M***.

Respondent had been identified by the survey team and contact information taken for participation in an interview. Field manager then contacted for consent to participate and fixed a time for interview. Area LHW accompanied us to respondent home.

Purpose of the research and scope of interview were explained to the respondent and verbal consent taken from her. Before the interview began, it was confirmed that the respondent had read and signed the informed consent form.

Interviewer is indicated as I and Respondent as R

Background information

Years in marriage: 7 years

Education: Primary school (5 years)

I: As I just explained to you the research study aims to understand family planning knowledge and beliefs. I am also interested in understanding the practices for obtaining information on FP methods as IUDs and implants. I particularly want to understand the kind of people you turn to for information on these methods and the description of social networks that influence your decisions to obtain and use these methods. I will refer to these methods as (LARC) if that is ok with you. This research is looking at Long Acting Reversible Contraception (LARC) use among married couples in peri-urban and rural areas of Pakistan especially Islamabad.

I: You indicated in the survey that (a) you are using a LARC for family planning. Can you please tell me what method you are using?

R: I'm using the challah (IUD), since 9 months now.

I: Can you please tell me your age

R: I'm almost 30 years old and.

I: Did you go to school

R: Yes; I have passed primary school (5 yrs).

I: What does your husband do? Is he educated?

R: Yes, he also went to school, I think till class 8. He used to work in an office in Bahria Town, but now he has his own shop here (a grocery store, adjacent to the house. We came through it to R's house)

I: How long have you been married and number of children you have?

R: I have been married for 7 years. I have two boys; the older one is 6 years old and the youngest is 2.5 years old

I: How did you learn about family planning and contraceptives?

R: I knew about them from women in my family, like I knew about pills, injections and IUD (challah). The health worker here would also come and tell me about family planning and methods she has. I used to take Saathi (condoms) from her, after my first son was born.

I: When did you first hear about the challah (IUD) method

R: I had heard about it from women in my family who have it placed, some of my neighbors also have it; they would talk about it when they were together; like if it is giving them any problems or say it's good to use and they don't have any problems with it. The health worker here, K*** Baji, also told me about this method and also the capsules (implant).

After my second son was born, I talked to the LHW about getting the challah (IUD) and any problems I can have in using it or side effects (health worker say mashwara kia) of using this method. She said it is easy to use and side effects like bleeding settle in two to three months.

She said she was herself using this method for almost 10 years now and did not have any problems with it. She told me to wear a copper ring for some time and see if it gives me any allergy; she said if it does not then I will not have any problems with the challah (IUD).

Its been about 9 months since I had it placed, from the Greenstar clinic (The Greenstar clinic was at the street corner).

I: So you have been using the challah (IUD) for 9 months now

R: Yes, its been about 9 months since I had this current one placed. I have had it placed for the third time now. The first two times it was placed, it came out after a month. First time it came out when I had my periods after having it placed. So I went back to the A*** and she placed another one. But with the second one, it came out after my periods had finished.

I: Where did you get it placed from the first time?

R: There is a LHV in our neighborhood, A***, I went to her house for the IUD. She took Rs. 1000 for it. But she did not do it correctly, because it came out both times. This time, its fine.

I: Did you buy the challah (IUD) yourself or did A*** give it to you?

R: She had it with her and placed it. It was included in the fee. Second time I did not give her any fee because the first one came out only after one month.

I: When she placed it, did she tell you about any problems you can have, and what to do about it?

R: Yes, she told me that I will have heavy bleeding for two to three months but then my periods will go back to normal; she said I might feel some dizziness and have some pain in abdomen and that it will settle in a few days. She said to go to her if the problem does not go away and she will give me medicines for it or I can have it removed if it is giving too much problem.

I: And did you have any problems then

R: Only problem was it came out after one month! But now I have had it placed for the third time and its okay now. I did not have any other problem except that for the first two times, it just came out by itself, one month after it was placed.

I: So now you have had it placed again, for the third time?

R: Yes; this time I got it done from Dr. A***, in the Greenstar clinic here; the doctor there is good. She did the procedure in a good way and her clinic was also very clean.

I: And how much did you pay for it

R: I paid Rs. 300 to her.

I: Is the challah (IUD) there now, have you had any problems?

R: Yes its been nine months now and its inside. I had heavy bleeding one or two times after that but then it was fine; but now again I have been having a lot of bleeding with my periods again, for about two months now.

I: When Dr A*** placed it, what did she tell you about any problems you can have, and what to do about it?

R: Yes, she told me that maybe I will have heavy bleeding for two to three months but then my periods will go back to normal; she said I might feel some dizziness and have some pain in abdomen but that it will settle in a few days. She told me to go to her if the problem does not go away. She also gave me a medicine to take for 2, 3days. Then I had very heavy bleeding in my monthly cycle, for first 2 months only and it was okay then. Now again I have been having heavy bleeding.

I: So did you go to the clinic when you had the bleeding problem first time?

R: No, I did not go. I thought that it will get resolved in the next one or two months (main nay socha kia pata na yeh theek ho jayay khudi say). I thought if it doesn't, then I will go. But then it was ok, I did not have heavy bleeding (with my periods) after two months. But now again I am having this problem; I was thinking of going to the clinic, but I will go after Ramazan finishes.

I: Have you used any other method of family planning before this challah?

R: Yes; we used Saathi after my first son; but now my husband did not want to use them (condoms) and we did not want another child for some time. So, I asked about capsule (Implant) and Challah (IUD) from Baji (LHW). She said challah is good and many other people are also using it.

I: Did you discuss with your husband about having the Challah (IUD)?

R: Yes, yes. After my second son, I asked Baji about it and where I can get it from. When I had all the information, I talked to my husband about getting this method. He said to get this done, it was with his permission that I had it placed.

I: Do you plan on having more children?

R: Not now, maybe after 3 or 4 years. The challah (IUD) I have is for 5 years. Currently my younger son is two and half year old. But we (me and husband) have not talked about this yet.

I: Do women ask you about the method you are using? What do you tell them about your experience to family/friends?

R: Yes, women in my family, some of my neighbors have asked me about what I'm using for gap/spacing (waqfa).

I tell who ever asks about my experience using it or if they ask about what to do. Women in my family, neighbors they ask about if it was painful or does it hurt when the doctor put it in. I tell them it does not hurt, maybe only a little irritation after that. But it was ok after a day.

I: Has anyone taken your advice? What do you tell them?

R: Yes, 2, 3 women I know, have asked me about it. I tell them this is a good method and does not cause any problems. I also tell them about Dr A***, where I got the challah (IUD) from, that if you get it done from her, you won't have any problem, because she does the procedure right, in a good way.

Thank you for your time

LARC User_CU6

Interview Location: respondent home

Respondent category: LARC User

Date: 26 May 2018

Respondent: M

Interviewer: MS

Interview was conducted by MS, in respondent's home, in Newmal.

Respondent had been identified by the survey team and contact information taken for participation in an interview. Field manager then contacted for consent to participate and fixed a time for interview. Area LHW accompanied us to respondent home.

Purpose of the research and scope of interview were explained to the respondent and verbal consent taken from her. Before the interview began, it was confirmed that the respondent had read and signed the informed consent form.

Interviewer is indicated as I and Respondent as R

Years in marriage: 6 years

Education: Primary (5 years)

I: As I just explained to you the research study aims to understand family planning knowledge and beliefs. I am also interested in understanding the practices for obtaining information on FP methods as IUDs and implants. I particularly want to understand the kind of people you turn to for information on these methods and the description of social networks that influence your decisions to obtain and use these methods. I will refer to these methods as (LARC) if that is ok with you. This research is looking at Long Acting Reversible Contraception (LARC) use among married couples in peri-urban and rural areas of Pakistan especially Islamabad.

I: Before we begin, you indicated in the survey that you are using a LARC. Can you tell me the name of the method you are using?

R: I'm using the chalah (IUD) method

I: Can you tell me your age and

R: I just turned 20

I: How long you have been married

R: I've been married for 6 years now. I got married when I was 14 years old.

I: Did you go to school?

R: Yes, I have done primary school (5 years).

I: How many children do you have and how old are they?

R: I have two boys; the older one is 2 years old and the younger one is about one and half years now.

I: What about your husband - is he educated; does he work?

R: My husband also did primary school; he is a driver and drives someone's taxi. But now a days, he does not have any work; it is like this most of the time, sometimes he gets work, sometimes not.

I: So how do you manage then, when he has no work?

R: We are living in his parent's house so they also take care of us; they also have some cows and sell their milk, so we manage with that income also.

I: When did you first hear about family planning and available methods

R: After my first baby was born, Najma baji told me about them and she said that I should give some space before I have next baby. She had pills and Saathi (condoms) with her and she gave me condoms. We used Saathi (condoms) for some time but my husband did not like using them. So then I got pregnant again, with the second baby, when the first one was about 6 or 7 months old.

I: So after the second baby, you started using this challah (IUD) method?

R: Yes; both the children were very young, and my husband also did not have a very good income. I wanted more gap between the children but could not have that. I had decided that after the second one, I will do something; my mother and mother in law also said that I should give some gap before having more children now.

I: When did you first hear about the method you are using?

R: After the second baby, my mother-in-law also told me to start using something so I don't get pregnant again very soon. She had used the IUD (challah), so she told me to get that. I asked my mother about it and she told me she also had the same thing, and it can be used for a long time.

So I asked Baji about what to do and she said to get the challah placed from the Falahi Markaz here, after the post partum period. She said to ask my husband about it before going there.

I: How did you go to the Falahi Markaz

R: We went on the local transport from main road. Baji (LHW) and my mother also went with me.

I: In the Falahi Markaz, did the doctor there tell you about any problems that you can have after you started use of IUD method and what to do about them?

R: She didn't say anything. She asked me about when I had my period and I told her that my post partum period just finished (chillah). She then placed the ring (IUD) inside. The doctor there also gave me a medicine, which I had to take for 2 to 3 days. She said with this my periods will be under control if bleeding is more than normal.

Its been over a year now and so far I'm ok and did not have any problems.

In the beginning I did not have any problem and only once I had prolonged bleeding for like 8, 9 days. So, I went to her again and she gave me a medicine to take for one month, and after that its been fine. I did not have any problems again after that.

I: How much did you pay for it?

R: We gave Rs. 30 for it.

I: Did you discuss with your husband about using this family planning method?

R: I was very young when I got married; my first son was born after I had my first monthly periods (menarche). Then the health worker here (N*** baji) told me about condoms. We used that for some time but then my husband did not want to use them. Baji said that if I am also breastfeeding my son at the time, I will not get pregnant; but then I became pregnant with my second baby when the older one was about 6 months old. After my second son was born, Baji also told me about the pills and ring (IUD) also. But my husband did not allow me to take the pills because they are harmful.

Then I asked him about the challah (IUD) and he agreed for that after my mother-in-law told him to give permission. My husband was not agreeing to it first, then I went to my mother-in-law and she told him to give permission. Then she (mother-in-law) went with me to Najma Baji's (LHW) house and she took us to the doctor in Falahi Markaz (Falahi Markaz is in the same village). She said to get the 10 year one and I had that placed from there.

I: How did your husband know that pills are not good?

R: I don't know; I did not ask him either. He said that it will reduce my milk supply for breastfeeding the baby, so I should not take it. Baji had also told me that they don't give pills or injections till the baby is six months old; and if I want to use them, she can give that to me when baby is 7 months old. But I've also heard that with the pills women can have weight gain and spotting (daagh lagna). So I did not want to use them either.

I: Do women in your family, neighborhood ask you about the method you are using?

R: Not really; but if they do, I tell them about the method I am using.

I: What do you tell them

R: If they ask about what I'm using for family planning, I tell them about the challah (IUD). And I tell them to get it done because it is very easy to use and good to have gap in children, at least 4, 5 years. I told my sister-in-law about it also, she wanted to get it but she said her husband is not giving permission for it.

I: Do you plan to have more children?

R: I don't want any more children yet; only one daughter maybe. But that also not now; maybe I will have it removed after 5 years, because I want to have a daughter.

Thank you for your time

LARC User_CU7

Interview Location: respondent home

Respondent category: LARC User

Date: 17 May 2018

Respondent: S

Interviewer: MS

Interview was conducted by MS, in respondent's home, in M***.

Respondent had been identified by the survey team and contact information taken for participation in an interview. Field manager then contacted for consent to participate and fixed a time for interview. Area LHW accompanied us to respondent home.

Purpose of the research and scope of interview were explained to the respondent and verbal consent taken from her. Before the interview began, it was confirmed that the respondent had read and signed the informed consent form.

Interviewer is indicated as I and Respondent as R

Background

Years in marriage: 7 years

Education: 5 years

I: As I just explained to you the research study aims to understand family planning knowledge and beliefs. I am also interested in understanding the practices for obtaining information on FP methods as IUDs and implants. I particularly want to understand the kind of people you turn to for information on these methods and the description of social networks that influence your decisions to obtain and use these methods. I will refer to these methods as (LARC) if that is ok with you. This research is looking at Long Acting Reversible Contraception (LARC) use among married couples in peri-urban and rural areas of Pakistan especially Islamabad.

I: In the survey you told us that you are using a contraceptive. Can you please tell me its name and how long you have been using the IUD

R: I had a ring place and its been almost one year since I had it placed this time.

I: Right. Can you please tell me your age

R: I'm almost 30 I think

I: How many years since you have been married

R: I've been married for about 7 years.

I: How many children do you have?

R: We have two boys, older one is 5 years old and the younger just turned two.

I: Did you go to school?

R: Yes; I have done primary (5 yrs).

I: So you have used ring (IUD) before also?

R: Yes I have used it before; it was about 5 years ago, after I had my first son. I had it for three years and then had it removed because we wanted to have another child. After that I had my younger son.

I: So where did you first hear about the ring (IUD)?

R: I had heard about this method from women in my family, like my cousins, sister-in-law. They said it's a good method and easy to use also for long time

I: Why did you decide to use this method and not any other method?

R: We used Saathi (condoms) for some time, but my husband did not like using them. When my first son was born, my husband's job finished some time after that. He said we should not have any more children till he has some good work and income; everything is very expensive nowadays you know. He said to use something else, like tablets. So then I talked to my cousin who was using ring (IUD) and asked her about her experience with it, like how it feels and is it painful and if she has any bleeding problems. Then I talked to the LHW about it also and asked her about where I can get this from. She said I can get it from the Falahi Markaz in Kuri and a private doctor here for getting the ring (IUD).

I: So where did you get the first one placed from? And do you remember how much you had to pay?

R: I went to the private doctor here in our village, Dr. S***. I went to her for that and I think she took Rs. 200 from me.

I: And did you have any problems then, with the ring (IUD)

R: No, nothing happened. It was fine and I did not have any side effects also, like bleeding or heaviness in lower abdomen.

I: Did you discuss with you husband about having the IUD?

R: Yes, yes. It was with his permission that I had it placed and then had it removed when he said we should have another child.

Respondent's sister-in-law (also present in the room): My brother was having a hard time in his work; whatever business he would start, he had loss in it. Then I suggested that maybe if you have another baby, who knows it will be good luck for you and that child's fate will be good for you as well. And since the day she conceived, my brother's business has been growing well now. He is a lucky child.

(meray bahi ka karobar acha nahin ho raha tha, jo bhi karta nuqsan hi ho jata. To main nay hi mashwara diya kay kia pata bacha ho to us kay naseeb say kaam bhi acha ho jayay. Waisay bhi paisay zaaiya hi ja rahay thay, to kaha kia pata behtar ho jayay. Waisay yeh hai kay Masha Allah say jis din yeh is kay pai main para hai na tou meray bhai ka karobar bhi set ho gaya hai. Yeh lucky bacha hai.)

I: Where did you have the ring (IUD) removed from?

R: I went to the Falahi Markaz in Kuri to have it removed. I wanted to have a daughter, but Allah gave us a son.

I: So this second time, where did you go for ring (IUD)?

R; This time I went to Aasiya to have it placed.

I: Who is A***?

R: She lives here in this village; she has done the midwife course and she does deliveries also sometimes and many women go to her for ring (IUD) (trained LHV living in the local area)

I: So when did you go to A*** for ring (IUD); how long after birth of your son I mean

R: I went after the post partum period ended. I had talked to her before also about it and she said the same – to come after post partum period ends.

I: Did you have to pay for ring (IUD)?

R: Yes, I paid Rs. 600 to her.

I: Did you buy the ring (IUD) yourself or did she give it to you?

R: She had it with her and placed it. It was included in the fee I paid.

I: When you went to her, did A*** tell you about any problems you can have, and what to do about it?

R: Yes, she told me that I will have heavy bleeding with my periods for two to three months but then my periods will go back to normal; she said I might feel some dizziness after she puts it inside and have some pain in abdomen which will settle in a few days. She told me to go to her if the problem does not go away.

I: Did she give you any medicine?

R: Yes; she gave me a medicine, which I had to take for 2 to 3 days. She said with this my periods will be under control, if bleeding is more than normal.

I: Have you ever had any problems with ring (IUD), since you had it placed this time?

R: In the beginning I did not have any problem. There was no bleeding problem or any other thing. But now I have been having heavy bleeding for two months now. I went to A*** for this, to get medicine. She gave me one month's medicine, but it did not help. I told the LHW about this and she said I should go to the Falahi Markaz; I will go there after Eid.

I: Do you ever talk about your experience to family/friends? What do you tell them?

R: Yes, I tell who ever asks about my experience or if they ask about what to do. I tell them this is the best method and to get this done if they want to have longer space between children

I: What do women ask you about ring (IUD)?

R: Mostly women ask about how it feels inside or if it is painful to use.

I: Has anyone taken your advice about using an IUD?

R: Yes, 2, 3 women I know in my neighborhood, have also had this done. I told my sister-in-law about it and she also took it from A***.

I: Do you plan on continuing the use of ring (IUD)? Or you want more children?

R: Oh yes I will keep on using this; we don't want any more children. I pray for good health of the one's I have. This one can remain inside for all time now (ab to yeh beshak ander hi rahay)

Thank you for your time today

LARC User_CU8

Interview Location:, respondent home

Respondent category: LARC User

Date: 18 May 2018

Respondent: SR

Interviewer: FS

Interview was conducted by FS, in respondent's home, in N***.

Respondent had been identified by the survey team and contact information taken for participation in an interview. Field manager then contacted for consent to participate and fixed a time for interview. Area LHW accompanied us to respondent home.

Purpose of the research and scope of interview were explained to the respondent and verbal consent taken from her. Before the interview began, it was confirmed that the respondent had read and signed the informed consent form.

Interviewer is indicated as I and Respondent as R

Background Information

Age: 24 years

Years in marriage: 6 years

Education: Middle (8 years of school)

)

I: As I just explained to you the research study aims to understand family planning knowledge and beliefs. I am also interested in understanding the practices for obtaining information on FP methods as IUDs and implants. I particularly want to understand the kind of people you turn to for information on these methods and the description of social networks that influence your decisions to obtain and use these methods. I will refer to these methods as (LARC) if that is ok with you. This research is looking at Long Acting Reversible Contraception (LARC) use among married couples in peri-urban and rural areas of Pakistan especially Islamabad.

I: In the survey you told us that you are using a contraceptive. Can you please tell me its name and how long you have been using it

R: I have a ring, some call it challah also; and its been about 3 months since I had it placed.

I: Can you please tell me your age

R: I'm 24 years old

I: How long have you been married

R: I've been married for about 6 years.

I: Did you go to school?

R: I've done till middle (8 yrs)

I: What about your husband - is he educated, what does he do?

R: He has done primary school. He does construction work in Bahria town and other places.

I: How many children do you have?

R: I have two children, older one is 4 years old boy and my daughter is one year old.

I: How did you learn about contraceptives and family planning methods?

R: My sister-in-law is a health worker, in Burma Town. I learnt about family planning from her, like she had these books and posters in the house and I used to ask her about different things.

I: Where did you hear about the challah (IUD)?

R: From my sister-in-law and also K*** told me about it. She is the health worker here. I asked her about it after my daughter was born. She said that if you want to have gap of longer time then I can get the challah (IUD).

I: Why did you decide to choose long-term reversible contraception?

R: I have 2 children and for now two are enough. My Son is 4 years old and my daughter is 1 year and they take up all of my time. Sometimes I don't even get time to complete my house work. It is difficult to do all the house work when there are two small children. I did not want to get pregnant again very soon after this child, so I thought to use family planning for two or three years. My sister-in-law said that challah (IUD) will be better and when I remove it, I can become pregnant soon after that.

I: What method did you use before the challah?

R: We used Sathi (condom) before, after my son was born. And then for two years my husband went to Qatar so I did not use anything

I: Did you discuss with you husband about having the challah (IUD)?

R: Yes, I talked to him about it. When the health worker told me about where to go for this, she said to talk to my husband about it and ask him, so I told him about it. He allowed me to go get this done, it was with his permission that I had it placed.

I: Where did you get it placed from? How much did you pay for it?

R: There is a Greenstar clinic in J***, K*** sent me to the doctor there. I paid Rs. 300 there for the IUD.

I: How did you go to the clinic?

R: I went on the Suzuki (local public transport)

I: Did someone go with you?

R: Yes; I asked my sister-in-law to go with me

I: When the doctor placed challah (IUD), were you told about any problems you can have, and what to do about it?

R: Yes, the doctor there told me that I can have heavy bleeding for two to three months but then my periods will go back to normal; she said I might have some pain in abdomen and that it will settle in sometime, in a day or two. She said to avoid doing any heavy lifting and physical relations with my husband, for one week. I followed her advice for two weeks. She told me to come back to her if the bleeding is very heavy or I have pain and said she will give me medicine for it.

But I've not had any problems with it, my menses are normal and on time.

I: Any other side effects, like spotting or pain?

R: No, its fine, nothing of the sort (aisa kuch nahin hua hai) has happened.

I: Did she give you any medicine?

R: Yes; she gave me a medicine, which I had to take for some days. She said with this my periods will be under control if bleeding is more than normal. She also gave me medicine for

pain. But its been 3 months now and there is no problem. I've heard women talk about the problems they have with it, but its been ok with me. You know, its been so good that I'm even afraid to tell any one that I have no problem!

I: Do women ask you about your experience with challah (IUD)?

R: Yes, neighbors they ask about what I'm using for gap/spacing (waqfa). When I tell them, they ask about the challah, how it was placed and is it painful. They say that they are afraid (darr lagta hai) because they might get infection inside. So I tell them there is nothing to be scared of. The doctor at the clinic did a good job. I was watching the whole time; she cleaned everything in front of me, before putting the challah.

I tell who ever asks about my experience or if they ask about what to do. I tell them to go to Kishwar (local LHW), because she can tell you about it better.

I: Has anyone taken your advice

R: Yes, 2, 3 women have asked me about it, where I got it from but I don't know if they have also had this placed.

I: Do you want to have more children?

R: Not now, maybe later. With the housework, taking care of children becomes difficult. My daughter, she is 1 year old. I just put her to sleep. She was crying and not letting me wash clothes (in washing machine). And now electricity is gone, and I can't do the washing! Raising children is difficult (bachay paalna mushkil kaam hai). You have to behave like a child with the children (bachon kay saath bacha ban na parta hai) and take care of other things as well! So, of now, two are enough; maybe I will have another when they are both going to school.

Thank you

LARC User_CU9

Interview Location: respondent home

Respondent category: LARC User

Date: 19 May 2018

Respondent: S

Interviewer: FS

Interview was conducted by FS, in respondent's home, in M***.

Respondent had been identified by the survey team and contact information taken for participation in an interview. Field manager then contacted for consent to participate and fixed a time for interview. Area LHW accompanied us to respondent home.

Purpose of the research and scope of interview were explained to the respondent and verbal consent taken from her. Before the interview began, it was confirmed that the respondent had read and signed the informed consent form.

Interviewer is indicated as I and Respondent as R

Background Information

Years in marriage: 14 years

Children: 5 (2 boys; 3 girls)

I: As I just explained to you the research study aims to understand family planning knowledge and beliefs. I am also interested in understanding the practices for obtaining information on FP methods as IUDs and implants. I particularly want to understand the kind of people you turn to for information on these methods and the description of social networks that influence your decisions to obtain and use these methods. I will refer to these methods as (LARC) if that is ok with you. This research is looking at Long Acting Reversible Contraception (LARC) use among married couples in peri-urban and rural areas of Pakistan especially Islamabad.

I: You indicated in the survey that you are using an LARC. Can you tell me its name and how long have you been using it?

R: I have the challah (IUD) and its been almost two years now (21 months; ponay 2 saal)

I: Can you please tell me your age

R: I'm 33 years old

I: Are you educated?

R: Yes; I have passed middle school.

I: How long have you been married

R: I've been married for about 14 years.

I: What about your husband - is he educated, what does he do?

R: He has done BA. He has his business of selling cars, motorcycles.

I: How many children do you have?

R: I have five children, older one is 11 years old boy and my youngest daughter is 2 year old now.

I: Did you use any other contraceptive before this challah (IUD)?

R: We used the condom sometimes and the Islami method (withdrawal), mostly

I: So what is the age gap between your children?

R: With the older two children, I gave a gap of three years. Then after that, three younger children have two years between them.

I: When did you first hear about the challah (IUD) method

R: I had heard about it from women in my family – like my aunts (taayian, chachian) who had it placed. They would talk about it then, when sitting together. So, I knew about it from there. We have this trend in our family, where we women sit together in the evenings and it was then that while discussing other things, they would also talk about this (IUD) and other methods also that they were using. So I knew about this from there

I: Then who did you ask about having it placed

R: I talked to the LHW here and asked her about it and also the doctor I went to for the delivery of my youngest daughter. They said if you have your family complete then you can have the challah (IUD), it will be for 10 years. She also told me about the operation, but I did not want that.

I: Then where did you get it placed from

R: I went to Dr. S***, she is the doctor in RHC Tarlai and had it placed from her. Other women here have also gone to her for this. She also did delivery of my youngest daughter

R: Where did she do the delivery?

I: In her clinic, in Tarlai

I: How did you go there?

R: I went with my husband

I: Did you pay any fee for the challah (IUD)?

R: I think it was only the token fee; it's a government hospital so they have a lot of fees for medicines and tests.

I: Before getting this method, did you discuss with your husband?

R: Yes; I talked to him; actually he told me to get the IUD when we had our first daughter after two sons). But I wanted another daughter also. When we had four children, our family was complete. I wanted to get the challah (IUD) but did not get time to go to doctor. So then it was by will of Allah, we had another daughter (Khuda ki marzi say bus aik aur aa gayi beti). So, after she was born, I asked the doctor about what I can use, and she told me to come after post partum period (chilla) and she will place the challah (IUD).

My husband's younger brother did not have any children, they've been married for 7 years. They have taken many treatments also. When we had our youngest daughter, we gave her to them family. Maybe, Allah had given her to me for them. But now my family is complete and we do not want any more children.

I: Have you had any problems with the challah (IUD), since you have had it

R: Initially I would have spotting before my periods, for maybe two, three months. But now thankfully, its okay (shukar hai theek hai). I don't have any spotting or bleeding problems with it. Otherwise also there are no problems.

I: When you had this challah (IUD) placed, did the doctor tell you about the side effects and what you should do if you experience them?

R: Yes, she said that I might feel some dizziness, and weakness, some anxiety (ghabrahat); she told me a lot of other things also, like pain in back, heavy bleeding, but she said that if any of it happens, I should go to her. But I didn't have anything, any problem like that. So I never went to her again. The only thing I had was some spotting; now even that is resolved.

I: Do you talk to other women about your experience with the challah (IUD)

R: Yes, I tell everyone about my experience. I tell all my younger cousins that this method is the best one. They are young yet and I tell them, because they are shy to talk about family planning.

I: What do you tell them?

R: I say this method is good and easy to use. There is no tension of having to take tablet every day, you see. So I tell them it is better to use this if you want to have two to three year gap in children.

I: Have you heard of anyone having had a problem with challah (IUD)

R: The women in my family are all fine with this, they did not have any problems. But everyone's body is different.

My sister also had it placed and she would complain of pain in lower abdomen all the time, then she had it removed, after about 2 to 3 months. Now she has had it placed again. She came to meet me the other day and I asked her about it, she said she feels a little pain. So I told her, its okay, it happens for some time in the beginning. It will go away after a while (Khair hai shuru shuru main hoga, phir theek rahay ga).

I: So how long do you plan on using the challah (IUD)?

R: Oh it can remain here now The one I have is for 10 years. I have enough children now, so I don't want any more. I'm satisfied with this (main mutmain hun is say) method.

Thank you for your time

LARC User_CU10

Interview Location: respondent home

Respondent category: LARC User

Date: 25 May 2018

Respondent: A

Interviewer: MS

Interview was conducted by MS, in respondent's home, in Chirrah.

Respondent had been identified by the survey team and contact information taken for participation in an interview. Field manager then contacted for consent to participate and fixed a time for interview. Area LHW accompanied us to respondent home.

Purpose of the research and scope of interview were explained to the respondent and verbal consent taken from her. Before the interview began, it was confirmed that the respondent had read and signed the informed consent form.

Interviewer is indicated as I and Respondent as R

Years in marriage: 4 years

Education: Matric

Husband Occupation: Office Assistant at Al Wadood Hospital

I: As I just explained to you the research study aims to understand family planning knowledge and beliefs. I am also interested in understanding the practices for obtaining information on FP methods as IUDs and implants. I particularly want to understand the kind of people you turn to for information on these methods and the description of social networks that influence your decisions to obtain and use these methods. I will refer to these methods as (LARC) if that is ok with you. This research is looking at Long Acting Reversible Contraception (LARC) use among married couples in peri-urban and rural areas of Pakistan especially Islamabad.

I: You indicated in the survey that you are using an LARC. Can you tell me its name and how long have you been using it

R: I have the capsules (Implant) and its been 5 months now; I had them placed after my son was born.

I: Can you please tell me your age?

R: I'm 24 years old

I: Are you educated?

R: Yes, I did Matric, in sciences

I: How long have you been married

R: I've been married for about 4 years.

I: What about your husband - is he educated, what does he do?

R: He has also Matric and works as office assistant in Al Wadood Hospital in Rawat.

I: How many children do you have?

R: I have two children, older one is 1 and half years old boy and my daughter is 5 months old.

I: How did you learn about family planning and contraceptives?

R: My older sisters are married, and they would talk about family planning methods; so I knew that there were medicines you can use for having gap in children. One of my sisters has been using the ring (IUD), for 5, 6 years now. Then after my daughter was born, doctor told me to use family planning method because I had C-section. I asked the health worker here about it and she said that I will not get pregnant when I'm breastfeeding the baby. She also gave me condoms, but my husband did not want to use them. I was pregnant again when my son was 9 or 10 months old. I thought then that I will get the ring (IUD) after this pregnancy.

I: Right, so when did you first hear about the Implants method

R: Both my children were born by operation (C-Section). See, after my son was born, I became pregnant again when he was not even a year old. And then my daughter was also born by operation, in Central hospital. When I was in hospital, the nurse there told me that I should use some family planning method. I asked her what I can use and she told me about the capsules. I asked her about the ring (IUD), but she said that they don't place the ring (IUD) for women who have C-section operation. She told me that I have had two operations with very little gap and that is not good for my health. She said that when I become pregnant again, there will be an operation again and that is not good for health and gives many problems. Both my children are very young and with operation it is difficult to care for them. So, I decided to get the implant.

I: Did you talk to your husband about using this method

R: Yes, I asked my husband about it and he said to talk to my mother-in-law and do as she advised. She gave me the permission. I asked the nurse in hospital about where I can get it and she told me to come after the post partum period (chillah) and they will put the capsules.

I: So when did you get the capsules?

R: I went back to the doctor in Central hospital for a check-up and stitches removal, I asked her about it. She said I can have it now and sent me to the family planning clinic for the capsules.

I: How much did it cost to get this method?

R: I only gave the token fee (parchi fee) of hospital and they did not charge me anything for the capsules.

I: What information did the doctor there give you about use, side effects, management of the side effects?

R: The doctor there said that I might get heavy bleeding for one or 2 months and then it will settle; but said that if it is too much then I should I go back to her. But I had this problem for one month only. Doctor had given me two medicines, one was Ponstan forte for pain and other I forget the name, but I had to take it for one week. The doctor told me that she will make a small cut and put the capsule there. She told me to avoid lifting heavy weight or washing clothes or like kneading dough/flour for a few days.

After the first month I've not had any problem. Only this month I had some spotting, but nothing else. I might go to the doctor for advice, if it happens again.

I: Did you use any other method before LARC? And for how long? Why did you stop use?

R: After my first daughter was born, I did not use anything; the LHW had told me that I will not get pregnant if I breastfeed by daughter but there was some problem and my milk was not enough and then I started bottle feed. I became pregnant with my son when my daughter was seven or eight months old.

I: Why did you choose to have the capsules?

R: I wanted a longer gap of at least 2 to 3 years after these two children. My husband also is of the mind that we should have gap before we have another child. So, I decided to get the implant because it is for three years.

The nurse in the hospital told me that the capsule family planning method is very safe, so I thought that my son is very young still and now I have a baby girl as well to take care of. I thought that if I became pregnant again, in the same year, it will not be good for me and my children's health also.

I: What has been your experience with this method? Did you face any problems in using the implants method?

R: I've had this for about 5 months now and have not had any problems with it. If people ask me, I tell them that this method is good; it's easy to use.

Women should have gap after the first two children; I think it's better to have the first two children one after the other and not good to have long gap in the beginning. But after two children, women should do family planning. Because in the young age a woman has energy to take care of the children and raise them.

I: Did you ever think about using another method?

R: No, so far I'm satisfied with it. My sister told me about ring (IUD), which she was using and that its very safe and easy. I asked about that first, but doctor said I cannot use it. But this method is also good, it's easy for me.

Me and my husband are of the mind that we will have two more children but not yet, maybe after 4 or five years. But if I have a boy next, then I will not have any more; one daughter is enough.

I: Do you ever talk to you friends/family about your experience with this method?

R: Yes; family women sometimes ask about what I'm using for gap and I tell them about the capsules. They also ask if it hurts or I have any problems like pain, or problem in moving arm or irregular menses/periods. They say that it will create problems for me later in becoming pregnant again. But I tell them that its working good for me.

If they ask my advice, I tell them to take advice from their doctor and then use either the capsule or tube/ring because there should be gap of at least 2 years between kids and you can have it removed whenever you want to have next baby. My younger sister also had the ring

(IUD) after her second child and then had it removed after 3 years. Now she is expecting her third child.

Family planning is necessary. I think 2-3 years gap between every child is compulsory.

Mostly people think that two to three years gap is good after 2nd baby and it is a local trend here in our family also.

Thank you for your time

LARC User_PU1

Interview Location: XXX village, respondent home

Respondent category: LARC past User

Date: 21 May 2018

Respondent: RS

Interviewer: MS

Interview was conducted by MS, in respondent's home. Purpose of the research and scope of interview were explained to the respondent and verbal consent taken from her. Respondent had been identified by the survey team and contact information taken for participation in an interview. Field manager then contacted for consent to participate and fixed a time for interview. Area LHW accompanied us to respondent home.

Interviewer is indicated as I and Respondent as R

I: As I just explained to you the research study aims to understand family planning knowledge and beliefs. I am also interested in understanding the practices for obtaining information on FP methods as IUs and implants. I particularly want to understand the kind of people you turn to for information on these methods and the description of social networks that help in your decisions to obtain and use these methods. I will refer to these methods as (LARC) if that is ok with you. This research is looking at Long Acting Reversible Contraception (LARC) use among married couples in peri-urban and rural areas of Pakistan especially Islamabad.

I: You indicated in the survey that you were using an LARC some time ago. Can you tell me name of the method you were using?

R: Yes; I had the tube (IUD) but it had to be removed because of infection.

I: OK. Before we go to that, can you tell me your age

R: I'm 30 years old

I: Did you go to school

R: Yes; I'm middle pass

I: What about your husband – did he also go to school?

R: He is very educated, he has done MA and teaches in the High School

I: How long have you been married?

R: This is my second marriage and its been about 8 years now. Before, I was married for 4 years, before it ended.

I: and how many children do you have

R: I have 4 children; one daughter and three sons. I had twins (boy and girl) from my previous marriage and one girl also before the twins, but she died inside my womb (bacha dani)

I: Was it a miscarriage?

R: No, no. She died inside, after nine months (stillbirth).

I: And after twins, you had two more children?

R: Yes; now I have two boys from this marriage; one is three years and other is almost 2 years old.

I: When did you first learn about contraceptives and family planning methods?

R: I knew about them before I even got married, like from women in my family who were using some method like injections or pills. My aunt (taayi) was using tube (IUD) so I knew from there.

I: When did you first learn about the tube (IUD) method?

R: From friends, family, other women here in the neighborhood I know who had it placed. Then I talked to health workers also. I used to go with them as volunteer on Polio Drops campaigns. So, I would ask them about this, and other methods also. I also like to read so I took pamphlets on family planning from health workers and read them also. All of this is very interesting for me.

When I got married again, I did not have the IUD removed. People in my family would say I should have children with this husband. I talked to my husband and he said we have children, the twins are also like my children, we don't need to have any more. So I did not have the IUD removed. But then my sister and sister-in-law said that people will make stories and your husband also might one day say that she does not want to have children with me. So, I had it removed 3 years after I got married again.

I: Do you still go on Polio Campaign

R: No, not now. I stopped when I became pregnant with Z*** (second son) but before that I did that for 4 years. Now I don't have time.

I: Can you tell me about when you used the tube (IUD) for the first time

R: I had started using it after my twins were born. You know, it's very difficult to take care of one baby, but I had two. So I had asked the doctor then about family planning (waqfa) and she told me I can use the tube (IUD) because it will be easy to use and I can have it removed when I want another child. She said I can get that from the hospital after the post partum period. I had the tube placed then because I did not want to get pregnant very soon again. And also, at the time I had started having some problems with my husband then and I did not want to have another child very soon.

I: Who was the doctor you had asked about family planning?

R: She was in central hospital, I forgot the name. But I had the tube placed from Falahi Markaz here in Kuri.

I: So when did you have your next baby

R: It was about 4 years after I got married again. My son is now 3 years old. After he was born, I had the tube (IUD) placed again, from the Falahi Markaz in Kuri.

I: Did you talk to anyone before getting the tube (IUD)

R: Yes, I went to the NIH Laboratory Hospital doctor, the Falahi Markaz doctor and I asked my cousin also about the tube (IUD). I knew that I can have it placed after I have had my periods, so I went to NIH after post partum period finished. You see I have high blood sugar, it's not full disease and doctor said I don't have to take medicine, but I have to control it with my diet. The doctor in NIH Laboratory had said that I can get infection with tube (IUD), and I should use some other method.

I: When did you find out about you high blood sugar?

R: I did not have this before and doctor told me about it when I was pregnant with my son, the one after the twins. When I had the twins, everything was normal and I had a normal delivery also.

I: What did you do then, when NIH doctor said no

R: So then I went to Falahi Markaz to ask about this. She said that I can get the tube (IUD), if I'm not taking any medicine for sugar. My cousin is an LHV, so I talked to her also about this and she said that if my sugar is not very high then I can get the tube (IUD), it will not give me a problem.

Then I asked the health worker here, N****, to go with me and she said she will take me to the Falahi Markaz, in Kuri. And I got the tube (IUD) from there.

I: How did you go there

R: I went with N**** (local LHW), its on the main road, very near from here (my house).

I: What did you ask the doctor there

R: I told her that I want to have the tube and told her about high about my high blood sugar. She said that if I am not taking any medicine, then I can use the tube and she can put it if I want. So I got the tube (IUD) from there.

I: What did the doctor there tell you about tube (IUD), when you had it placed second time

R: She told me how she will place it and she said that I will feel some pain with it for maybe a day or two and then it will go away. She also gave me a medicine to take if I have heavy bleeding or spotting; she said that if it (bleeding) is too much then I can go to her and she will remove it.

I: How long did you use that tube (IUD)

R: I had it for about 8 months but then I had started having back pain and really heavy bleeding with my periods, so I went back to the doctor and she removed it. She said that maybe there is

infection so she will remove it now. She also gave me some medicines to take and said that I can come back to have another one after two or three months when the infection has gone. But then after about one month, I became pregnant again and had the youngest one, who is almost two years old now.

I: Did you use any contraceptive after the youngest one was born

R: I wanted to use something, but with two young children I did not have time to go to the doctor to get tube (IUD) again. So I asked Nasreen (LHW) and she said I can use condoms. I took some from her. We used it for maybe two or three times, but my husband did not like using them. He said why should I use them with my own wife.

So, when my youngest son was 6 months old, I got pregnant again. But this time I had an abortion done immediately and had the tube placed (third time) immediately after that.

I: Where did you get the abortion done from?

R: From my cousin, she is a LHV and lives near here. Maybe you know her, Razooma. I had the abortion done from her and asked her to place the tube also. So she did the cleaning inside (ander say safai ki) and put the tube in.

I: Does she have a clinic?

R: No, she does not have a clinic. I went to her house in Burma town. Now she is also living here, after she got married.

I: And how long did you use the third IUD for?

R: I had to have it removed after just three months. It was ok for two months but then I started having pain in both sides of my back, my weight also increased, and it became very difficult for me to even get up and move around. So, about a month and half ago I went to Falahi Markaz and had it removed. My husband also said to have it removed, before it created some other health problem. You know these days, cancer is very common. I was afraid of having that or some other serious health problem, so I had it removed.

I consulted many doctors and they all said that we do not place tube in patients who have sugar because it can cause infection. But it was my own decision to have it placed, it was own will (marzi). I can not take pills also, because of the sugar, doctor told me not to take them, or injection, because they can give me other health problems.

Now I do want to use some method, because me and my husband don't want any more children. I don't want to get operation (tubal ligation) done because then I'm afraid of having infection and scars inside not healing properly because of my high blood sugar.

My husband doesn't want to use the condoms. I told him that, then its difficult for me; if he can't use it and I can't keep the tube (IUD), then I can't keep having an abortion every time I get pregnant. It will not be good for me – I will have wounds/injuries inside and it will be even more dangerous for my health. You know in abortion, when they clean inside, it creates so many wounds. And then there are so many medicines to take after that.

I: Have you used any other contraceptive method, other than condom and tube (IUD)?

R: No, nothing else. I took condoms from the health worker, but we used it for a very few times, 4 or 5 times. My husband doesn't want to; he says that we are married and why should I use it with my own wife. We didn't use anything for a very long time after I had the first tube (IUD), it was just from Allah that I did not get pregnant.

I: If someone asks you about using challah, what do you tell them?

R: I tell them to go for it. With medicines, there are side effects, even if they are very safe, there are at least some side effects (kuch na kuch to side effects ho jatay hain). I say that I had problems with it because of sugar, but I was satisfied with it when I got this for the first time and suggest them to get it also, if they want long gap.

I had used the tube (IUD) before also for 4 or 5 years, after I had my twins. At that time, I did not have any problems with the tube (IUD). My sister-in-law knew that I have it (IUD), other people in my family also. I had had that also placed from Falahi Markaz. During that time, I had my differences with my first husband and we separated.

So when I got married again, I had it removed because people knew about it and my family said they would make stories that I'm still using a challah and don't want to have children with second husband. So I had it removed from here, so they would know and not make negative stories about me and also to protect my own honor.

Then I had the tube placed again some time after my son Zain (3 yrs old) was born. And that time I used it for about 8 months.

I: Do people ever ask you about your experience with challah? What do you advise them?

R: Yes, they do. Mostly women in the family, my younger cousins. I tell them to go for it. Young girls they ask if it causes infections inside, or does it go deep inside or does it cause menstrual problems like having periods twice in a month or heavy bleeding. I tell them I didn't face any menses problem nor did my husband have any issue with it, because I had heard that sometimes it causes problems when husband wife have physical relationships. But we didn't have any such problem. I was satisfied with it and was ok (main mutmain thi is say aur theek rahi thi).

I want to get it (IUD) done again now. I've taken the medicines doctor gave me and want to get it placed again. Because of the sugar, I cannot get an operation done.

I even consulted Dr. Nusrat in Gulzar Hospital, its in Taramri. She is my friend also. I asked her and she said who says it cannot be placed in women with sugar. She said I do it myself and have done it for many other women as well. She told me to come to her and reassured me (tassali di) that I will not have any problems like bleeding or having cancer or anything like that. I will go to her now, after Ramazan finishes.

I: In your opinion, how much gap should be there between children?

R: I think 5 years, but if some one does not want that long, then 4 years' gap is a must. The first child should have proper care, so his growth is good, and he is able to take care of some of his needs like eating, not in diapers, before second one is born. And if you have another one quickly, then you can not give the older child proper time or love or care for him because the other one needs attention. Its also difficult for the woman, she can't take care of herself.

Look at me, I was not like this at all. I used to be very prim and proper and now I look very old. My youngest two were born one after the other. For a housewife, if she doesn't give gap between children, then she can not spare time for herself, with all the household chores, care of the children, then how can you look after your own needs.

My husbands says that look at yourself, you look like a cleaning lady (maasi); when you sit with me, you will look like my aunt (chaachi). There was this local lady here and we met at a doctor's clinic and she was talking to me but did not recognize. When I reminded her, she was amazed to see me like this and asked me what I have done with myself. Other people also ask me what I have done to myself, I have gained weight and have freckles on face also. I used to be very careful about my own care, used to dress up very well. But then I had two kids one after the other, I also had two older kids and then a lot of housework as well.

That's why I say to young women I know in my family, friends, that if you have children with very small gap, then you will not have time for yourself or take good care of them.

Now, I do all the house work then I have to look after the younger two (feeding, diaper change,), then preparing their clothes and after all this I will have very little time to take some rest and then it will be time for Iftar, so I will get up to prepare that.

I: So you advise the married women/girls in your family to use contraceptives for spacing?

R: Yes I tell them; anyway now a days, girls are very modern and they are quite aware of what is good for them. They also have internet; it was not that common when I got married.

See, the reason I had this done (IUD placed) was that I understand these things. My husband is well educated (16 years of education) and I like to read as well. I read a lot of information in my children's science books, in newspaper, on Facebook. My age is 30 years and after a woman is 35 years, her hormones start changing. And its said that if a woman has a child then, it will have health problems. Now my youngest son, he has heart problem, because of my sugar. Mothers who have sugar, mostly their children have heart problem. Even if I didn't have sugar, the hormone change at 35 years of age, does cause health problems in the child, he can be abnormal also.

I was happy to have only one child with my second husband, even my husband didn't want anymore. He said one is enough and may Allah give him healthy life; he said the older two are also ours so why do we need more. But my sisters-in-law said I should have one more.

It was from Allah that I became pregnant so soon after I had the IUD removed (second one) and had my second son. There is very little gap between the younger two, and they keep me occupied all the time.

I: Thank you for your time and participation

Reflections:

- Very talkative respondent
- Interview interrupted twice to allow respondent to take care of children's needs
- She seemed to be very distressed with house work, children's care and her own health issues
- Interactions with health workers, on polio campaigns
- Use of phone for internet search and social media (facebook) for getting needed information
- Frequent interactions with RH service providers (cousin LHV; volunteer for Polio campaign with LHVs); self interest in knowing more about contraceptives suitable for her
- Well aware of her own health issues, risks for future and impact of medicines/procedure on self

LARC User_PU2

Interview Location: **** respondent home

Respondent category: LARC Past User

Date: 19 May 2018

Respondent: NT

Interviewer: MS

Interview was conducted by MS, in respondent's home.

Purpose of the research and scope of interview were explained to the respondent and consent taken from her. Respondent had been identified by the survey team and contact information taken for participation in an interview. Field manager then contacted for consent to participate and fixed a time for interview. Area LHW accompanied us to respondent home. Before the interview began, it was confirmed that the respondent had read and signed the informed consent form.

Interviewer is indicated as I and Respondent as R

Background information

Education: Bachelors (BA)

House wife

I: As I just explained to you the research study aims to understand family planning knowledge and beliefs. I am also interested in understanding the practices for obtaining information on FP methods as IUs and implants. I particularly want to understand the kind of people you turn to for information on these methods and the description of social networks that influence your decisions to obtain and use these methods. I will refer to these methods as (LARC) if that is ok with you. This research is looking at Long Acting Reversible Contraception (LARC) use among married couples in peri-urban and rural areas of Pakistan especially Islamabad.

I: You indicated in the survey that (a) you were using a LARC for family planning and now you have had it removed. Can you tell me what method you were using

R: I was using the capsules (Implant) and I had it for two years before I had it removed

I: So before we go to that, can you tell me your age?

R: I'm 30 years old

I: Are you educated

R: Yes, I have done B.A

I: What about your husband - what does he do?

R: He has also done B.A and has a real estate business, here in Enclave

I: When did you get married and how many children do you have?

R: I've been married for 8 years and I have two children; my daughter is 5 yrs and son is 3 yrs old now.

I: When did you first learn about family planning and contraceptives?

R: I knew about some contraceptive methods before I got married. Like from my cousins who were married.

I: What methods did you know about?

R: Like the pills and injections; I knew about those because my cousins were using them and they would talk about side effects they had or if it suited them or not. Later when I got married, and after I had my first child, Dr. Z**** told me about tube (IUD) and capsules (Implant).

I: Can you please tell me when did you first hear about the LARC method of capsules (Implant)

R: From Dr. Z***; I used to go to gynaecologist Dr. Z***, (private clinic) for (ante natal) check ups, and for ultrasound. She told me about this method; she told me about the IUD first and tried to put that in but there was a problem with that. Then she said that there is this new method and it is also for a long time period.

I: Were your children born at her clinic?

R: No, my daughter was born in MCH Complex and my son in the NIH hospital. My daughter is 5 yrs old and son is now 3 because it is easy to get registration done there.

I: Registration for ...?

R: Like birth certificate and B-Form of children. If delivery is in private, there is a long process but in public sector (sarkari) hospital, it is easy to get registration of children done there in hospital. I have my card (ANC Card) made for public sector (sarkari) hospital for both my pregnancies but for monthly check up I would go to her (Dr. Z***). All the women in my family go to her, she is like our family doctor.

I: Do you have entitlement for public sector hospitals?

R: No, we don't have entitlement for the hospital. Normally, we go to Dr. Z*** Ibrahim for the entire 9 months and for ultrasounds. Her clinic is here in C*** B***. She had a small clinic in her home then and used to work in some public sector hospital in Rawalpindi as well. She is very experienced, and her medicine and ultrasound reports are not rejected by doctors in public hospitals. Now she has a bigger clinic; but for the delivery I go to public sector hospital because if there is a problem then they also have senior doctors and everything there for emergency. See, for both children I had operation (c-section).

I: Why did you have the c-section?

R: Dr. Z*** had told me that opening of my uterus is small, so maybe I will need operation. I wanted to have normal delivery, but doctor said that it will only create problems for me and the baby. So then they did operation.

I: So it was Dr. Z*** who told you about tube (IUD) and capsules (Implant)?

R: Yes; she asked me about my plans for spacing my next pregnancy. I went to her after my daughter was born, so she asked me what I plan to do now, when do I want to have the child. She said that I should have a gap of at least 3 years between children, because of operation. I told her that my husband does not like to use condoms. The doctor then told me about injection and tube (IUD). At that time capsules (Implant) was not there. So, I decided to use the 2 month injection.

I: What did she tell you about how injection will work

R: She told me that injection will work for two months and when I want to get pregnant again, I can stop getting the injection. She said that I can have having heavy bleeding or spotting with the injection, but I didn't have any side effects. The injection method suited me well because I didn't get any heavy bleeding in my periods when I was using them. But I normally also don't have very heavy periods; I did for a while after my daughter was born and then again it was normal.

I: Where did you get the injections from?

R: From Dr. Z***

I: How long did you use the injections for?

R: I used them for a year and a half. After about one and half year, she said to stop using it, because if I want to have the next child then it will take some time for the effect of injection to finish.

She said that with benefits, there is also some side effects as well, so better to stop use now so that the it is cleared from your system and there are no side effects. She said the effect would finish in 4 to 5 months and I can then become pregnant again after that. Then it was month of Ramadan, and I fasted as well and after that I became pregnant with my son. If I had conceived during Ramadan then I would have had weakness and not been able to fast.

I: And after your son was born, who told you about the capsules (implant)?

R: After my son was born, I went to Dr. Z*** again because she had asked some other women in my family about my baby's birth. So when I went to see her, she asked me about what I want to use now for spacing (waqfa). I told her I will use injection again, but she said that injection is for two months and you have to take it regularly, but there are other methods which I can use for a longer time. She told me about the tube (IUD), which I can use easily for 5 years and I told her I will get that.

She told me to come for the tube (IUD) when my post partum period had finished. But it could not be placed and then she told me about the capsules (implant).

I: What happened, why were you not able to have the tube (IUD)?

R: When I went, she checked me and said that opening of my uterus is very small (bacha dani ka muh bohat chota hai). To place tube (IUD), she will have to make a small cut and give stitches as well afterwards; and for removing also she will have to make a cut and give a stitch.

She said this can be a problem when I become pregnant again, because this cut can then start opening and I might have miscarriage (ki pata bacha andar tikay hi na).

So then she told me about the capsules (implant), which are placed in the arm. She said this is for three years and will work like injections do. And I can have it removed even before three years. I asked her to give me that, but she said I can have it placed when my baby is six months old because I will be breastfeeding him then. So, then I went after my son was one year old, because I had stopped (breast) feeding him.

It (implant) was a very new thing then; although people in my family are very educated but even they did not know about it. The health worker here also told me about it after I had had it placed from Dr. Z***. LHW said that they do it for free in Poly Clinic and I told her I didn't know that. I paid Rs. 5000 for it then.

I used that for two years, maybe a month less and then had it removed because she told me that I can remove it whenever I want. So now I have had it removed.

I: Why have you had it removed

R: Because I wanted only this much gap. I had it placed when my son was one year old; and then I had the tube placed. And now we want to have another child

I: What did you use during that one year after your son?

R: Nothing, only Islami method; I was also breastfeeding then and when my son turned one, I had the capsule (implant) placed. Dr. Z** told me to use condoms but my husband did not want to, so we were careful and used Islami method (withdrawal method).

I: When you had the capsule (implant) placed, did the doctor tell you about any possible side effects you can have and what to do about them

R: Yes. She told me that I might not have any side effects; but there is chance that I can have very heavy bleeding during my periods, so much that I might not even be able to move around much. She said if that happens then I should go to her and she will remove it or give medicine for it. But I never had any such thing, so I didn't go to her. I sometimes had swelling in my arm where she had put the tube in but then it would go away itself.

I: Do you remember the name of capsule (implant) you had? How much did you pay for this?

R: It was Jadelle and I paid Rs. 5000 for it

I: Did you discuss with your husband for this method?

R: Yes; I talked to him about having a gap in the children; and he agreed to me having it. He is also in favor of having a two to three year gap between children. I told him if he does not want to use condoms then I have to use something and I told him about the tube (IUD). He said to get the 5 year one.

I: What is your thought on the gap between children – how much should it be?

R: I think 2 years is good (theek rehta hai 2 saal ka waqfa)

I: And how many children do you and your husband want to have?

R: We both want to have 3 children; I hope to have 2 boys and 1 girl. Not more than that. I hope to have a boy now. Small family (choti family) is good, because see our house is also small.

I: If someone asks you that I have completed my family, and want to use family planning, what will you advise her?

R: I tell everyone that they should not go for an operation to stop having children (bachay bund nahin karwanay hain) because it is not good for health. I tell them to use condoms or other methods which they can afford.

I: And if someone asks you about spacing between pregnancy, what will you advise

R: Condom is good (main cheez condom hi hai) because it is easy and everyone cannot afford expensive methods. So I say if they can use that and if their husband agrees, then that is better. This (implant) is very expensive and not everyone can afford to use this.

I: Do you ever talk to you friends/family about your experience with this LARC?

What do they say? What do you tell them?

R: Yes; my sister talked to me about what method I am using. I told my sister about this method (implant). Her oldest daughter is 10 yrs. And her youngest son is 1.5 yrs old; she asked me about what I am using after he was born

I: So did you ask her opinion before getting the method you are using?

R: No; she is older than me and we did not have that kind of friendship, frankness with her. My sister is much older than me and she used to get angry and scold me if I talked about any such issues (woh bohat daandti hoti thi is tarah ki batoun per). Its only after I myself had children that we now discuss these things.

I: Anyone else in your family/friends who has asked you about your experience

R: Yes of course; family women (in-laws), R*** (LHW) and some neighbors do ask about what I'm using for gap and I tell them. They ask if I have any problems with menses/periods. I also talked with my sister-in-law about this, after she had her baby.

Some women tell me of bad side effects they had with injections and tube. They say that this will give me problems, I will have menses/periods problems and I shouldn't use it. But I tell them that this has suited me well and I don't have any problems with it.

I: What do you say to that?

R: I say that then what should I do? I say that my husband doesn't agree to using anything himself, so what am I to do? Keep having children every year? Both my children were born through operation, so I can not keep having children every year!

(ab husband nahin manta to kiya karoun? Har saal bacha paida karoun? Pehaly hi dono bachay operation say huyay hain)

I: So now your sister is also using this same method?

R: No, she is not. She lives in Rawalpindi and goes to Dr. R***. She was using the IUD after her daughter was born but she had many problems with it after she had it removed. She had IUD placed, for 5 years. She is 10 yrs old now. After she removed the ring, she had some problem (pani ki thailian) in uterus (bacha dani) and had to get treatment for two years (from Dr. Rizwana), before she could get pregnant again. After that she had her son, who is 3.5 yrs old and the youngest one is 1.5 yrs old. Between these two she did not use anything and was also breastfeeding her son. Now, I don't know if she will use this or not but she asked me about how it works and where I got this from.

This implant is more common here (in Islamabad) but I've not heard about it in other places. My family is well educated but I have not heard about this from them also.

Thank you for your time and participation.

Reflections:

- Respondent house was within an enclosed compound, which also had other houses; I later found out that they are all of family members, who jointly owned the land.
- She was also skeptical of the recorder – I had to replay the recording for her to ensure her that it is only audio and not a video recording. She also kept a copy of the consent form and asked for my office card as well, for proof.
- Frequent interactions with Ob/Gyn; trend for routine ANC in family; aware of the system (child registration; birth certificate)
- LHWs had shared trend of reluctance among men to use condoms; respondent's husband reluctant to use, as shared by other respondents as well.
- Understanding of short spaced pregnancy: better because of education or frequent interaction with Ob/Gyn???

LARC User_PU3

Interview Location: respondent home

Respondent category: LARC Past User

Date: 21 May 2018

Respondent: ST

Interviewer: FS

Interview was conducted by FS, in respondent's home.

Purpose of the research and scope of interview were explained to the respondent and consent taken from her. Respondent had been identified by the survey team and contact information taken for participation in an interview. Field manager then contacted for consent to participate and fixed a time for interview. Area LHW accompanied us to respondent home. Before the interview began, it was confirmed that the respondent had read and signed the informed consent form.

Interviewer is indicated as I and Respondent as R

Background Information

Married since: 9 years

Education: Matric

Like I discussed with you, the research study aims to understand family planning knowledge and beliefs. I am also interested in understanding the practices for obtaining information on FP methods as IUs and implants. I particularly want to understand the kind of people you turn to for information on these methods and the description of social networks that influence your decisions to obtain and use these methods. I will refer to these methods as (LARC) if that is ok with you. This research is looking at Long Acting Reversible Contraception (LARC) use among married couples in peri-urban and rural areas of Pakistan especially Islamabad.

With your permission, we will begin.

I: You indicated in the survey that (a) you were using a LARC method for family planning and now you have had it removed. Can you tell me what method you were using?

R: Yes, I was using the tube (IUD) and I had it for about three months before it had to be removed

I: Right. Can you tell me your age

R: I am 28 years old

I: when did you get married?

R: I have been married for 9 years now

I: How many children do you have?

R: I have three boys; oldest is 8 years old; the second one was born 5 years later, he is 3.5 and the youngest was then born a year after him; he is 2 and half years old now. I also had 3 miscarriages after my first son was born. Then I had to take treatment also, before I could have my second child.

I: How did you first learn about family planning and contraceptives

R: I heard about these methods from women in my family; many are using the tube, my sister is also using it, so I know about family planning methods (waqfay kay tareeqay) from them. Then the local health worker, Kishwar baji, would also come here and tells us about the methods. She said if I want to have some time before next pregnancy, then I can use condoms, after my first son was born. She also told me about the pills, but she said they can give problems like with bleeding and also when I want to have another child, it can be a problem.

I: When did you first hear about this method of tube (IUD)

R: My sister and cousins are using this method; and other women also in my family, and they talked about it so I knew from there. Then after my youngest child, third one, was born, the local health worker, Kishwar, she came to check my baby and she said that if I don't want to have any more children, then I can use this method. Both my younger children were born one after the other, so I thought I will use this method. Also, me and my husband did not want any more children. I have three boys see and we did not feel the need to have any more children. So, I decided to use the tube (IUD).

So I talked to the women in my family who have also had tube (IUD) placed, and asked them about their experience with it and is it good to use.

Kishwar had also told me about the capsule but she said that with the capsule, women who have it, had problems of bleeding, and tube (IUD) is better because it does not give problems like bleeding or pain. She said it will be good for me to use tube (IUD) because I can use it for maybe 10 years or more.

I also asked my sister-in-law about it, she also had the challah and she said its good and she did not have any problems with it.

I: Were you using any other method before the tube (IUD)

R: Yes we used Saathi (condom) but with that I had swelling inside (bacha dani main soozish ho gayee). I went to Dr. S*** in Tarlai (RHC Tarlai) and she said I have allergy. She gave me some medicines and I had to take it for a month. After that, I could not get pregnant also and had three miscarriages. I had to take treatment for three months, before I had my second son.

I: When you decided to use the IUD, did you discuss with your husband?

R: Yes; I told him about it and he agreed. He gave me permission and then I went to get IUD placed.

I: Where did you get the IUD placed from?

R: I went to this lady in our village, Dr. A***. She lives here, her husband is from here.

I: How much did you pay for it?

R: She charged me Rs. 500.

I: And what information did she give you?

R: She said that I will feel some pain and dizziness for some time after she puts the IUD in my uterus (bacha daani) but then it will go away in a little while. She also told me that some women also have problem of too much bleeding, but it will be fine after one or two months. She gave me a medicine to take if I have bleeding problem. But I did not have any problem for the first two months. I did not have any other problem also, like pain or irritation.

I: How long did you use the IUD for? Why did you have it removed?

R: I used it for about 1 year. For first two months after the IUD, I did not have any problem. But then I started having bleeding for 8 to 10 days. Normally, my periods would be for 5 to 6 days but with the IUD (challah) I had bleeding for 9 to 10 days and then I also had spotting in between. I also felt that my stomach is swelling up; I don't know if it was real or it was just my suspicions. I went to A*** again after three or maybe four months. She checked and said that everything is ok with the IUD and she gave me a medicine to eat for the bleeding. With the medicine my period was normal again but then after two months again I had spotting and heavy bleeding. So I went to A*** again; she said she will remove it and after my bleeding becomes normal, I can go to her again for a IUD.

I had it removed after about a year, from A***. It's been about 3 months now.

I: Are you using any method now, since you removed the IUD? Why that method?

R: Yes. We are using Saathi (condom) again; so far I have not had any swelling and even if it happens, its no problem now because we don't want any more children. Earlier, I wanted to have more children, so I stopped using it (condom) but now I have three boys. Maybe I will get the challah again; the doctor told me that I can have the challah placed again after my system (menstrual) becomes regular again. I think I will go again to A*** for it, because she also gives medicine with it.

I: Did anyone ever ask you about your experience with IUD?

R: Yes, women from my neighborhood asked me about it and I would tell them that this is the best method. Because other women I asked, also said the same that they don't have any problems with it, and it is good. I never said to them its bad. Even my sister in law, who I asked, did not have this problem. Everyone is different from each other, so their body also reacts in a different way. If it did not suit me, it does not mean that it will be same for another person.

I: So if someone comes now to ask your opinion about IUD, what do you tell them

R: I will still say it is good. I might have had this problem because it did not suit my body and if it suits them then they will not have any problem. Even Saathi (condom) did not suit me first time but now its fine and I have not had same problem with them again.

I: Do you plan on having any more children

R: No, I have three boys now and we don't want any more. My husband also doesn't want any more.

I: Have you thought about using any other long term method, other than IUD?

R: Not really. Maybe I will get the challah again, like use Saathi (condom) and challah (IUD) alternately; stop using that which is giving me problem. I think one or two women here in the village got the capsule (implant) but they had many problems with it.

I: what problems ...

R: One woman, she had very heavy bleeding and she became very weak, she had these dark marks (freckles) on her face also. And the other one she said it caused a lot of pain in her arm, so much that she could not do her house work even.

I wanted to get the operation (BTL) but my husband did not agree at that time. Maybe he will after some time, but for now we are using condoms again. I thought I will get the operation done but its up to the husband's will (baat husband ki aa jati hai) and he did not agree for it.

I heard about the operation for men also, from Aasiya. She said her husband has had the operation done. I think this is good way because using contraceptives is a hassle for us – pills give problems, then have the tube placed and then removed if it gives problem. If men can get the operation, it is good for us also, because we have to keep using something or the other (kabhi yeh istamaal karo, kabhi wo karo). I think men should have this sense that they give so much trouble to the women, who always make sacrifices. So why not that men get this done?

I: Is there some place or someone here from whom men get family planning information from?

R: There is no one like that here; and if there is ever a problem, they tell us to ask from the health worker. I don't think men talk about this and if it is a big problem they go to the doctor.

Thank you for your time

LARC User_PU4

Interview Location: respondent home

Respondent category: LARC Past User

Date: 19 May 2018

Respondent: NT

Interviewer: MS

Interview was conducted by MS, in respondent's home.

Purpose of the research and scope of interview were explained to the respondent and consent taken from her. Respondent had been identified by the survey team and contact information taken for participation in an interview. Field manager then contacted for consent to participate and fixed a time for interview. Area LHW accompanied us to respondent home. Before the interview began, it was confirmed that the respondent had read and signed the informed consent form.

Interviewer is indicated as I and Respondent as R

Background Information

Married since: 13 years

Education: Middle

Like I discussed with you, the research study aims to understand family planning knowledge and beliefs. I am also interested in understanding the practices for obtaining information on FP methods as IUs and implants. I particularly want to understand the kind of people you turn to for information on these methods and the description of social networks that influence your decisions to obtain and use these methods. I will refer to these methods as (LARC) if that is ok with you. This research is looking at Long Acting Reversible Contraception (LARC) use among married couples in peri-urban and rural areas of Pakistan especially Islamabad.

I: In the survey you indicated that you were using a LARC (IUD) for family planning and now you have had it removed

Can you tell me what method you were using?

R: I was using the tube (IUD) and I had it for maybe two months, but I did not have it removed; it fell out by itself. And I found out because I missed my periods and went to doctor for it. She told me that I'm pregnant.

Before this one, I had used the tube (IUD) for 5 years and then had it removed to have another child.

I: Right, I will ask you about that later. Can you tell me your age?

R: I'm 33 or 34 years I think

I: When did you get married

R: I've been married for almost 13 years.

I: And how many children do you have?

R: I have four children; oldest boy is 12 years old and second one is 10 years old; then I had my daughter, she is 6 years and the youngest one is 2.5 years old.

I: What does your husband do

R: He works in the Zong office (phone services company)

I: How did you learn about family planning methods

R: I knew about these methods from other women from my family who were using something or the other (kuch na kuch istamal karti thi) and they used to talk about it. Then the health worker here, she comes and also keeps telling us (batata rehti hain) about these things

I: When did you first hear about the tube (IUD) method, when you had it placed the first time

R: I had heard about it from women in my family; my mother and aunt (chachi) had also used the tube (IUD). So, I knew about it from them and also some women here in the neighborhood are using it; the health worker told me. Before I went to get it placed, I asked my mother about it, that does it hurt or cause any other problem. She said that it is good to have and does not cause any problems like pain or spotting.

I: So you have used the tube (IUD) twice. When did you get the first tube (IUD) placed

R: After my second child was born, I asked the doctor about getting the tube (IUD) placed. She said I can come after the post partum period and she will place it.

I: Where was this doctor

R: She was in Complex hospital; all of my children were born there. I asked the doctor there

I: So then you went to the Complex for the tube (IUD)

R: No, no; I told N*** Baji (LHW) about it and she said I can get it from here also from the government dispensary in Jagiot and also Falahi Markaz in Kuri. So, then I went to the dispensary (BHU Jagiot) and had it placed from there

I: How did you go there and how much did you pay for it

R: It did not cost me anything at all, only token fee. Dispensary is just a little distance away from here. The first one I had placed about 10 years ago, after my second child. It was for 10 years but I had it removed after 4 years to have another child and then I had my first daughter.

I: Did you use any other contraceptive before the tube (IUD)?

R: We used the condoms before but I experienced pain and itching with it. So, I talked to my husband about the IUD, he agreed and I got it placed.

I: What did the doctor in dispensary tell you about tube (IUD) when you had it placed first time

R: She told me about how she will put it in and that maybe I will feel some itching and pain for some time. I think she gave me some medicine also, she said to take it if I have heavy bleeding.

I: Did you experience any problems with it, when you had the tube (IUD) first time

R: No, it was alright. Only during the days of my periods, I felt some pain, other than that I did not have any problem.

I: Did anyone ever ask you then about your experience?

R: Yes, my cousins would ask that you have it placed, so does it hurt; I would tell them that its good, everything remains normal like there is no spotting or heavy bleeding and you don't get any problems with it when you have physical relations with your husband.

I: When did you have the second IUD placed?

R: I had it placed about 1 year ago, from A*** here; I went when my youngest daughter was about a year old. After I had it placed, I had normal periods for 2 months and then in the third month I did not get any periods. So I went back to A*** a week after I had missed my periods and told her. She did a urine test and told me that I'm pregnant. I said that I had the tube (IUD)

placed from you and she said that it might have fallen out without your knowledge, because its not there now. Then 2 – 3 days later, I went to a private doctor to get an ultrasound to check if the tube (IUD) is still inside or gone to some other place. She said its is not inside me and that my pregnancy is also going fine. But then about a week later, I started having some bleeding and spotting; maybe it was Allah's will or maybe because I did not want another child that it happened. So I went to Complex Hospital; doctor said that there is not a big problem and she gave me an injection and some medicine to eat for about a week. She said that bleeding will stop with it and told me to come back after a week to get the injection again. I took the medicine for one day but on the second day I had the miscarriage. Its been about 6 months now.

I: So between your third and fourth child, what family planning method did you use; you have a 4 year gap between them?

R: We used condoms and withdrawal method during that time; my husband had gone out of country at the time so there was no need also. I had my youngest child after he came back.

I: Are you using any method now?

R: No; we are not using anything now; only the traditional method of withdrawal. My husband says not to get it and we will be careful

I: Do you want to use any method in future?

R: I want to because I don't want to have any more children. But my husband and mother in law want me to have another one. Actually, my husband is only brother of four sisters, so my mother-in-law wants him to have one more son. I have two sons so I tell them that both of them can have two boys each and then there will be four more in your family. I really don't want another child. Its one thing to carry a child inside but the difficult thing is raising them and taking care of them which is very hard work (paalna sab say mushkil kaam hai).

I want to get my operation done but my husband does not agree. I asked him and he said that I'm being careful, and we are using the withdrawal method so I should not worry. But I think he too wants to have one more child because if he did not want another, he would have given me the permission for operation, even if reluctantly. But I think he also wants another child.

I: So you will have another child?

R: I don't want to but if my husband insists then that's another thing.

I: If someone comes and asks your opinion about tube (IUD), what do you tell them?

R: With the first one I had no problem; I had it removed myself to have another child. So I tell them that it is good to have. It was with the second one that I had problems of some pain and pressure. And then it fell out by itself. I have used it twice and I think it is a good method to use. Whoever asks me, I tell them the same thing. Many women I know are using it and they don't have any problems.

Thank you for your time to day.

LARC User_PU5

Interview Location: respondent home

Respondent category: LARC Past User

Date: 20 May 2018

Respondent: SN

Interviewer: MS

Interview was conducted by MS, in respondent's home.

Purpose of the research and scope of interview were explained to the respondent and consent taken from her. Respondent had been identified by the survey team and contact information taken for participation in an interview. Field manager then contacted for consent to participate and fixed a time for interview. Area LHW accompanied us to respondent home. Before the interview began, it was confirmed that the respondent had read and signed the informed consent form.

Interviewer is indicated as I and Respondent as R

Years in marriage: 4 years

Education: BA (Bachelors)

I: Further to what I explained to you the research study aims to understand family planning knowledge and beliefs. I am also interested in understanding the practices for obtaining information on FP methods as IUs and implants. I particularly want to understand the kind of people you turn to for information on these methods and the description of social networks that influence your decisions to obtain and use these methods. I will refer to these methods as (LARC) if that is ok with you. This research is looking at Long Acting Reversible Contraception (LARC) use among married couples in peri-urban and rural areas of Pakistan especially Islamabad

You indicated in the survey that (a) you were using a LARC (IUD) for family planning and now you have had it removed

Can you tell me what method you were using?

R: I was using the tube (IUD) and I had it for about six months before it had to be removed

I: Right. Now, can you tell me your age?

R: I'm 34 years old

I: Did you go to school?

R: Yes, and I have done B.A

I: When did you get married?

R: It will be almost 4 years now.

I: How many children do you have?

R: I have two children; oldest is 3 years, 3 months and younger daughter is almost two years old. And I'm pregnant again now, about five months now.

I: Can you tell me from where you had heard about contraceptive methods?

R: I had heard about them from women in the family, neighbors; like I knew about pills, injections and challah (IUD) before I got married. It is my habit to get complete information about things and now a days there is also so much information on the internet, so its easy to get information from there.

My cousins, sisters-in-law, mother-in-law, they all have used the challah (IUD), some for three years, some for 5 years. They used to talk about it, like if it had suited them well or the problems they had (raas aaya hai ya nahin) with it. Then there is a lady in my neighborhood, her name is also S***, she used it for five years and then she had it removed, after which she had her son. And now again she is using challah (IUD). It has suited her well (raas agay hai unko).

(Note: S*** referred to here was also interviewed).

My husband's first wife, she is also using challah (IUD), and she asked me about it as well. She had it placed about a year ago. At the same time I got mine; she asked me how it feels and said she will get it too.

(Both wives live in different sections of same house)

I: So then how did you decide to use the IUD as well?

R: I got pregnant very soon after I got married and then had both my children with a gap of about one year between them; and I have both a boy and a girl. I wanted to have some gap

before having another child. So, I talked to my husband about this and he said to do as I think is better.

Then I talked to A***, she is an LHV and lives here. I discussed with her about how it works, what this will do inside and how it will be placed. I also took a booklet from her and read about it. She said that I go in too much detail of things (aap bohat gehrai main jaati hain cheezoun ki). Which is true because I like to know about things, before I start using it. So, I read about it in the booklet she had given me and thought that its good and then I decided to get for myself too.

I: Did you discuss with you husband about having the IUD?

R: Yes, yes. It was with his permission that I had it placed. I told him about it and he said that I should do as I think is right (unki ti taraf say mujhe ijazat kay aap jo behtar samjahn, wo karain).

I: Have you used challah (IUD) before this time also?

R: No, this was the first time. Actually, I got pregnant immediately after I got married. And then conceived again very quickly after my son was born, he was 6 months. And within 3 years of marriage, I had two children. So, I had decided that after second baby is born, I will use something for spacing (waqfa karoun gi). That's why I had the challah (IUD) placed because I thought I will use it till my children are older and start going to school and then we will have another child.

I: Did A*** charge you a fee

R: Yes she did, I think it was something between Rs. 500 to 1000. Like the private rates in practice (jo chalta hai...). I don't remember now.

I: Right, did A*** tell you about possible side effects and what to do if you have any?

R: Yes, she told me about heavy bleeding in my period and said not to worry about it, because it will settle in some time, like in two to three months. She also told me that initially there will be some pain in lower abdomen, disturbance in menses and more bleeding than normal; but I shouldn't worry about it because it happens with everyone who uses it. But if it (bleeding) and pain is too much then I should go back to her and she will remove it for me. This was the advice she had given.

I: Were you given any medicine to take?

R: Yes, she gave me a medicine for bleeding; she said to take it if bleeding is too much. And said that if I have pain, I should take Panadol. She said that she has checked, and I don't have any infection inside, so I shouldn't have any problem.

I: So, did you experience any side effects, like heavy or irregular bleeding

R: I had some troubles. Before the challah (IUD) what would happen was that normally I would have my period for 7 to 8 days. But after the challah (IUD), I would have spotting for the next one to two weeks as well after the periods and I also had bleeding after having 'physical relations' with my husband. This worried me a lot as to what was the problem; I was also worried that maybe it will cause some big problem inside me, like cancer. I read somewhere that can happen.

I: So, did you go back to A***, for advise on problems you were facing

R: Yes, I went back to her. She said she will examine me to see what the problem is and maybe remove the challah (IUD). So I told her to check and if there is nothing wrong, then leave the IUD in; because I definitely wanted to have gap (waqfa karna tha) between children. But if there is problem inside, then she can remove it.

When she examined me, she said I have swelling and lot of fluid inside and I cannot see the challah (IUD). She kept the opening of the uterus (bacha dani ka muh) open for 10 to 15 minutes to see what the problem is. Then after the swelling had gone down a bit, she said that with swelling there is also whitish fluid inside, like pus. She said she will have to remove it because of infection and then she removed the challah (IUD).

I: Did she give you any medicine?

R: Yes she gave me antibiotic to take for 10 days and told me that if the swelling is not cured with this, then I should go to a hospital and get myself checked by a doctor.

I: Can you please tell me for how long did you use the challah (IUD) by that time

R: It been about 6, 7 months then. But then I had it removed after the infection, and that was about 9 months ago

I: So, what did you then, after IUD was removed? Did you use any other contraceptive method?

R: No, I have not used anything; only traditional method (withdrawal). But I conceived again and am five months pregnant now. It is will of Allah (bus Allah ki taraf say hi hai), although we did not want another child so soon. (I: Why not ...) Both my children are very young and it's very difficult to look after them and do the housework as well. Now there will be a baby as well in a few months and it will be difficult time for children and the baby.

I: Has any one in your family or friends come to you for advice for use of any contraceptive method; what do you suggest to them?

R: If someone asks about spacing (waqfa) I tell them to get the challah or tube or T, whatever they call it; people call it different names. If it suits you, it's good but if it doesn't then you can get it removed; everyone has a different system, it does not suit every one. My mother had it for a long time and did not have any problems with it. Same for my aunt (chachi). But some other women I know, it did not suit them. So, it's different for everyone. But I don't say not to get it; because it is different for everyone.

I: Is anyone in your family, like your sisters or cousins, using the challah (IUD)?

R: Yes, both my sisters-in-law are using it and some of cousins. My husband's first wife, she also got it (IUD) placed about a month or two after I had mine. She asked me about it and said you got it and have no problems, I will also get it. She has three sons. But then she had swelling in her abdomen; she used it for about a year and then had it removed when she started having menstrual disturbance. It's been about three months since she has had it removed.

I: What do you intend to do after you have this baby?

R: I do plan to use something; maybe the challah (IUD) again or the capsules (implant). I have heard about these things (implant) that it is also good and its for 5 years. Maybe I will use something like that because I don't want any more children after this one.

Thank you for your time