

# ESSENTIAL REPRODUCTIVE HEALTH COMMODITIES FOR UGANDA

This leaflet lists the essential reproductive health commodity supplies identified for security (every Ugandan of reproductive age should be able to **choose, obtain, and use** them whenever they need them). The list was compiled by Ministry of Health in partnership with other stakeholders, and contains the 10 commodities recommended by WHO and UNFPA.

## Family planning commodities/contraceptives

Family planning commodities are used by men and women for birth control – to limit the number of children or to space them. Uganda's list of essential reproductive health commodity supplies has six contraceptives:

1	Condoms	When used consistently and correctly, the male latex condom protects against unwanted pregnancy and HIV. The female condom provides an alternative for women who are unable to insist on condom use by the partner. Condoms are the only method that can protect against both pregnancy and STIs.
2	Injectables	Given every one, two or three months, injectable contraceptives are highly effective and reversible. There is rising use of injectables, and account for 10% of modern contraceptive use
3	Implants	Implants are small flexible rods or capsules that are placed just under the skin of the arm. They provide long-term pregnancy protection. They are very effective for 3-7 years, and are immediately reversible
4	Intrauterine devices (IUDs)	IUD is a copper-bearing device inserted into the uterus to last 3-12 years. It is one of the safest, best tolerated methods available for long-term contraception
5	Pills	Taken daily, pills are an effective method of reversible fertility control. Progestin-only pills are safe for breastfeeding women and their babies, as they do not affect milk production. Emergency contraceptive pills help prevent pregnancy when taken up to 5 days after unprotected sex, and are essential in cases of rape and sexual assault
6	Surgical contraception equipment	Used in sterilization of men (vasectomy) and women who do not wish to have any more children. Very effective and permanent. Only 0.3% of Ugandan men and 2% of women 15-49 years are sterilized.

## Commodities for emergency obstetric and neonatal care

Emergency obstetric and neonatal care (EmONC) is the attention/treatment women and their newborns receive during labour, delivery and after to ensure the mother and baby are safe, healthy and well. Uganda's list of essential reproductive health commodity supplies has 11 commodities for EmONC:

1	Oxytocin	Used to prevent postpartum haemorrhage, the most important cause of maternal death worldwide. Oxytocin is also used to induce or augment labour
2	Magnesium Sulphate	Used to prevent seizures in women with pregnancy-induced hypertension, which is estimated to complicate 2%-8% of pregnancies and is a major cause of morbidity and mortality both the woman and her baby
3	Metronidazole injection	Used in treatment of gynecologic bacterial infections, which almost always happen in delivery
4	Amoxicillin injection	Amoxicillin is an antibiotic used to treat many different types of infections caused by bacteria
5	Gentamicin injection	Used to treat severe or serious bacterial infections
6	Tetracycline eye ointment	Used to treat infections of the eye, especially for babies



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7	Misoprostol	Used in medical abortion, which is recommended if the mother has no ability to carry a pregnancy or in other life-threatening situations as determined by medical personnel
8	Iron and Folate	Iron supplementation during pregnancy protects mother and infant against anaemia. One-fifth of perinatal mortality and one-tenth of maternal mortality are due to iron-deficiency anaemia. Anaemia increases the risk of premature delivery and low birth weight. Over one-third of women (37%) do not take iron tablets or syrup during pregnancy
9	Manual Vacuum Aspirator (MVA) kits	MVA is a fast and safe way to empty the womb Used to terminate early/advanced pregnancies: to help a woman who has had a miscarriage or abortion that was not complete; to regulate monthly bleeding; or to end an unwanted pregnancy
10	Gynaecological gloves	Used by medical personnel for examine pregnancies, handle delivery, surgery, afterbirth, and wherever there is need for sanitation and to prevent cross-infection
11	Caesarean section kits	Used to handle C-Section deliveries in cases where a woman cannot have a normal, vaginal delivery. C-section is also considered safer for the baby in case the mother is HIV-positive (PMTCT)

## Commodities for antenatal care (ANC) and prevention of mother-to-child transmission of HIV (PMTCT)

The major objective of antenatal care (ANC) is to identify and treat problems during pregnancy such as anaemia and infections. It is during an ANC visit that women receive routine counseling and testing for HIV. Women found HIV-positive are then enrolled for PMTCT services. Uganda's list of essential reproductive health commodity supplies has 11 commodities for antenatal care (ANC) and prevention of mother-to-child transmission of HIV (PMTCT)

1	Fefolate	Iron supplement to prevent anaemia, which decreases the amount of oxygen reaching the tissues and organs of the body and reduces their capacity to function. Anaemia is a major problem among pregnant and breastfeeding women and babies in Uganda
2	Fancidar	Prophylaxis for malaria in pregnancy. Malaria is a major cause of miscarriages
3	Maama kit	Consists of several items that medical personnel use to safely handle deliveries
4	Nevirapine	For prevention of mother-to-child transmission of HIV during labour and delivery
5	Deworming tablets	Given to pregnant women and babies to control worm infestation, which are sometimes responsible for anaemia
6	AZT/Combivar	For prevention of mother-to-child transmission of HIV during pregnancy
7	STI kits	For testing for STIs; some STI have no signs or symptoms in women. 22% of women and 13% of men aged 15-49 who have sexual intercourse, have an STI or symptoms of an STI
8	HB estimation kits	For testing anaemia to screen women for nutritional supplementation
9	Uristix	For testing urine for glucose levels, protein levels, etc
10	Insecticide treated mosquito nets (ITNs)	Malaria is responsible for more illness and death than any other single disease in Uganda. Insecticide-treated nets are currently considered the most cost-effective method of malaria prevention in highly endemic areas. Only 10% of pregnant women use ITNs.
11	Cervix cancer screening kits	Used to screen women for cancer of the cervix, which is a growing problem among mothers

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