

Abstract

Introduction: Family planning is a practice of controlling on when to have children through the use of contraceptives. Contraceptive use in developing countries has decreased the maternal deaths by 40% and could prevent 70% if the full demand for birth control is met. **Problem statement:** Despite serious campaign programs to sensitize women of reproductive age to take up contraception, there is still a rise in population and other problems such as rise in the number of street children which negatively impact on economy and available resources. **Objectives:** To identify the types of contraceptives used, to determine the perception of women on contraceptive use, to determine the factors associated with contraceptive use and to assess the effectiveness of the different types of the contraceptives. **Justification:** The study sought to determine the extent to which each contraceptive method was known and used, the effectiveness and factors that determined the use of contraceptives in women of child bearing age. **Methodology:** The study population included all women of child bearing age (15-49 years) attending MCH/FP clinic at Uasin Gishu Sub-County Hospital. A cross sectional descriptive survey was the design and Systematic random sampling was used to select respondent. Chi-square test was used to measure the strength of associations between variables where a p-value of = or <0.05 was considered to be statistically significant. **Results:** The study showed that a large percentage of the respondents had knowledge on family planning methods with pills being the most known, the most commonly used method of contraception was injectables and among the methods used condom had the least complications. **Conclusion:** The contraceptives available were injectables, pills, male and female condoms, implants, IUCD and respondents also had knowledge on Natural Family planning (NFP), among these injectable and pills were mostly preferred. **Recommendations:** The health workers within the MCH should not limit the health education only on the methods available in the facility but should include all family planning methods.