

FP is promoted to help individuals and couples to space and limit child birth. It improves maternal health, reduces unintended pregnancies and abortions, prevent the spread of HIV/AIDS and promote responsible development and environmental sustainability.

The study was conducted to investigate factors influencing the uptake of FP among women attending ANC in Soroti Regional Referral Hospital.

Methods: A cross-sectional study using both quantitative and qualitative techniques. Researcher's administered questionnaires were used to collect primary data from 246 respondents who were randomly sampled. Three KII were conducted, ten FGDs were held and observation of the secondary data from the FP register and activities that are carried out in both FP and ANC departments were done including physical check of the available FP methods from the unit cupboard. Bivariate analysis was done to determine the relationship between the individual factor and FP utilization.

Results: All the 246 respondents knew or heard of at least a FP method. Bivariate analysis results revealed that the number of methods a respondent knows can influence the uptake of FP with a chi-square of 17.953 and a p-value of 0.000, religion and education level of both the respondent and the spouse can influence the up-take of FP with the chi-square value of 17.061 and p-value of 0.002, chi-square value of 25.580 and p-value of 0.000, chi-square value of 34.508 and p-value of 0.000 respectively.

Conclusion and recommendation: as per the bivariate analysis, there is a strong relationship between the following variables and FP use; knowledge of FP, religion, education of both the respondent and the spouse. The government should strengthen both universal primary and secondary education and intergration of reproductive health in the school curriculum. Sensitization and education of religious leaders at all levels.