

OPTIMAL TIME BETWEEN PREGNANCIES?



A Longer Time Between Pregnancies Reduces Risks Of:

- Maternal death
- Preterm birth
- Premature rupture of membranes
- Third trimester bleeding
- Uterine rupture and need for blood transfusion



AMERICAN COLLEGE OF OBSTETRICS
AND GYNECOLOGISTS RECOMMENDS:

18 months

Ovulation typically resumes in only 1-3 months after giving birth. Contraception can help prevent pregnancies from being too close together.

Even waiting just 6 months to get pregnant again reduces the risk of maternal death.

Contraception After Birth:

- IUD (can be placed at time of delivery)
- Injections
- Progestin only contraceptive pill
- Barrier methods (i.e. condoms)
- Regular/diligent breast feeding
- Other methods not listed

***Some methods are more effective than others. Talk to your doctor about what methods may be right for you.

Sources:

- Conde-Agudelo & Belizan. (2000) Maternal morbidity and mortality associated with interpregnancy interval: cross sectional study. The BMJ.
- <https://www.acog.org/clinical/clinical-guidance/obstetric-care-consensus/articles/2019/01/interpregnancy-care>
- Jackson, E. & Glasier, A. (2011). Return of Ovulation and Menses in Postpartum Nonlactating Women. Obstetrics & Gynecology, 117 (3), 657-662.

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