


# Postpartum Contraception

## When can I get pregnant again?

As soon as ovulation occurs, you can get pregnant. If you are breastfeeding, ovulation may be delayed for up to 6 months. However if you are not breastfeeding, it may occur within a few weeks of childbirth. It's important to give your body time to rest and recover between pregnancies. Most clinical guidelines recommend waiting at least 18 months to have another baby.

 **The Birth Control Implant** is a flexible rod that is placed under the skin of the upper arm. It releases progestin to prevent fertilization.

### Timing


-It can be placed immediately following childbirth or at your first postpartum visit

### Breastfeeding

-Does not affect milk supply

### Effectiveness

->99% effective  
-Lasts up to 5 years

 **The IUD** is a device that is inserted into the uterus to prevent fertilization. There are hormonal (progestin) and non-hormonal (copper) options.

### Timing

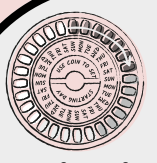
-It can be placed immediately following childbirth or at your first postpartum visit

### Breastfeeding

-Neither option interferes with breastfeeding

### Effectiveness

->99% effective  
-Lasts 3-10 years depending on which type you choose

 **Progestin Only Birth Control Pills** work by preventing fertilization.

### Timing


-It can be started immediately after childbirth

### Breastfeeding

-Does not affect milk supply

### Effectiveness

-93% effective  
-Must be taken at the exact same time each day  
-Missing a pill by more than 3 hours means you must use alternative protection for another 48 hours

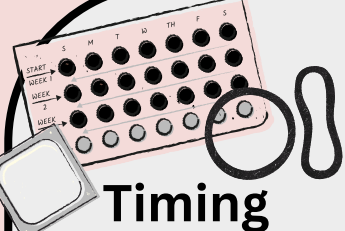
 **Lactational amenorrhea** is a temporary method of birth control that takes advantage of the body's natural ovulation suppression when breastfeeding.

### Timing

-Starts immediately after childbirth

### Effectiveness

-May not be practical for everyone  
-You must breastfeed at least every 4 hours during the day and every 6 hours at night  
-It may not be effective if you are pumping  
-May last up to 6 months

 **The Combined Pill, Patch or Ring** all contain estrogen and progestin and work by preventing ovulation.

### Timing

-Wait to start until at least 3 weeks after childbirth due to risk of blood clots in the immediate postpartum period

### Breastfeeding


-Estrogen may affect milk supply. Most experts recommend waiting 4-6 weeks after childbirth to start these methods in order to establish breastfeeding

### Effectiveness

-93-96% effective  
-Effective but require regular attention.  
-Pills are taken each day  
-Vaginal Rings are replaced every 21 days  
-Skin Patches are replaced every week

### Talk to your doctor before starting if you:

-Smoke, have high blood pressure or history of heart attack or stroke, migraines or breast cancer

 **Sterilization** is a permanent option for people who are sure they do not want any more children. It involves closing off the fallopian tubes in females and the vas deferens in males.

### Timing


-*Postpartum sterilization* is done soon after delivery or even at time of delivery in the case of a cesarean birth. This often must be planned in advance  
-*Laparoscopic sterilization* is a separate procedure carried out weeks after childbirth  
-*Vasectomy* is an option for male partners and can be done outpatient as an office visit at any time

### Breastfeeding

-None of these options will affect breastfeeding

### Effectiveness

->99% effective  
-Permanent, please consider whether or not you are ready to be done having children before proceeding

 **Barrier methods** such as condoms, diaphragms and cervical caps work by preventing sperm from reaching the egg.

### Timing

-Can be used immediately following childbirth

### Breastfeeding

-Does not affect milk supply

### Effectiveness

-80-90% effective  
-Relies on proper administration and must be applied prior to each sexual encounter

### Sources:

-<https://www.acog.org/womens-health/faqs/postpartum-birth-control>  
-<https://www.reproductiveaccess.org/resource/birth-control-fact-sheet/>

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