



1. ***Patient-centered counseling starts with the patients' goals.*** Make sure you know what they care about (hint: it might not be just how well the method works!)
2. ***All progestin-only methods (pills, shot, implant, IUD) can be started any time postpartum.*** This includes any time during the hospital stay.
3. ***All progestin-only methods are safe to be used with breastfeeding.*** There is good evidence that these methods do not decrease the duration or exclusivity of breastfeeding, nor do they affect infant growth and development.
4. ***Estrogen-containing methods should not be started until after 6 weeks postpartum.*** Patients who are having difficulties with breastfeeding may want to wait even longer than that.
5. ***Document your prenatal counseling in the supervision of pregnancy note or the problem list.*** If a patient requests immediate postpartum LARC, be sure to include the plan in the pregnancy encounter and send the signed consent form to L&D.
6. ***Consent for LARC involves the process of both placement and removal.*** When you counsel about postpartum placement of a postpartum implant or IUD, make sure you discuss how the device can be removed at any time, for any reason.
7. ***Expulsion rates for immediate postpartum IUDs can be high, but so is continuation of the device.*** While expulsion rates can reach 25% after vaginal delivery and 8% after cesarean delivery, compared to 5-10% for interval outpatient placement, patients are still more likely to be using an IUD at 6 months if you place it immediately postpartum, than if you wait for interval placement.
8. ***Counsel that plans for an IUD in the hospital may not happen.*** Patients who request immediate PP IUD should be counseled about the possibility it may not be able to be placed (infection and heavy bleeding are contraindications to immediate placement).
9. ***Emergency contraception is always a reasonable contraception plan!*** Patients with a BMI over 26 should be offered Ella, not plan B, for EC.
10. ***Patients don't have to use contraception after delivery if they don't want to.***

