

# Postpartum Contraception (Birth Control) Guide

## Key

No hormones

Progestin hormone

Progestin and estrogen hormones

How often to use/take/change

## Can start using right after delivery

### In-person visit to start

May be able to start during delivery stay before going home

**Shot**

12-14 weeks

Once stopped, fertility return may be delayed.

**Arm Implant**

3-5 years

Plastic rod placed just beneath skin.

**Hormonal IUD**

3-8 years

Can be emergency contraception.

**Copper IUD**

10-12 years

Can be emergency contraception.

**Sterilization**

once

Either partner can be sterilized.

**Permanent**

### Prescription to start

May be able to fill prescription while pregnant

**Progestin-Only Pills**

daily

Good bridge to estrogen-containing methods.

**Phexxi<sup>®</sup> Vaginal Gel**

before sex

May act as a lubricant to help with dryness.

**Ella<sup>®</sup> Emergency Contraception**

after sex

Works best for BMI <35.

## Plan your contraception before you deliver

It is possible to get pregnant 25 days after giving birth. It is helpful to talk to your provider about your contraception options during a prenatal visit and to leave the hospital after delivery with a contraception plan.

All methods are safe to use while breast/chestfeeding in terms of parent and infant health, initiation, milk quality and quantity.

### Start on your own

**Plan B<sup>®</sup> Emergency Contraception**

after sex

Works best for BMI <26.

**Pulling Out**

during sex

Requires partner control.

**Condoms**  
External or Internal

before sex

Can prevent sexually transmitted infections.

**Spermicide**

before sex

May act as a lubricant to help with dryness.

**Breast/Chestfeeding as Contraception**

4 hours

*Must follow instructions perfectly:*

- Must be exclusively nursing - no pumping, formula, or other beverages or food.
- Must nurse at least every 4 hours during the day and 6 hours at night.
- Must be within 6 months of delivery.
- Must not have had your period return.

## Scan for


- This guide
- Information sheets on each method
- A general contraception guide



**Must wait to start using until 6 weeks after delivery**


**Prescription to start**

**Diaphragm or Cervical Cap**




Must refit at 6 weeks. Use with spermicide.

**Combined Hormonal Pills**




Estrogen can increase risk of blood clots before 6 weeks postpartum. Start after breast/chestfeeding is well established.

**Patch**



**Vaginal Ring**



**Start on your own**

**Vaginal Sponge**



Must wait for cervix to shrink at 6 weeks.

**Notes**

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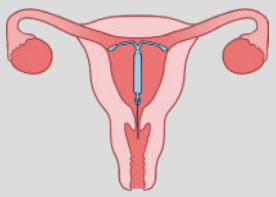
**Fertility Awareness Methods**

These methods should be used with caution because your postpartum cycles may be too irregular to be able to predict fertility.

**Timing IUD Insertion**

Some hospitals can provide an IUD immediately after you deliver in the hospital before you go home. You can also get an IUD at a future visit, like your 6 week postpartum visit.

- Both times are equally safe and effective at preventing pregnancy.
- It may be more convenient to get an IUD during delivery so you have one less thing to think about when caring for a newborn and you may be able to avoid an additional visit to the clinic.
- It may be less painful to get an IUD inserted during the delivery stay, especially if you had an epidural. If you get an IUD later, you can ask for numbing to help with pain.
- With an IUD insertion there is a risk of expulsion, which is not harmful, but may be uncomfortable. Inserted during your delivery stay, the risk of IUD expulsion is 8-25%, depending on cesarean or vaginal delivery. Inserted in the clinic, the risk of IUD expulsion is 2-5%.



**On average\* out of 100 people, this many will get pregnant in a year using this method**

No contraception (average fertility)	85	
Cervical cap (with spermicide)	29	
Vaginal sponge	27	
Spermicide	21	
Internal condom	21	
Pulling out	20	
Diaphragm (with spermicide)	17	
Phexxi® gel	14	
External condom	13	
Progestin-only pills	7	
Combined pills	7	
Patch	7	
Vaginal ring	7	
Shot	4	
Breast/chestfeeding	2	
Sterilization	1	
Copper IUD	0.8	
Hormonal IUD	0.2	
Arm implant	0.1	

\*Some methods are harder to use than others. 'Average' or 'typical use' pregnancy rates consider the chances of user error.