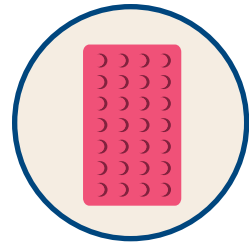


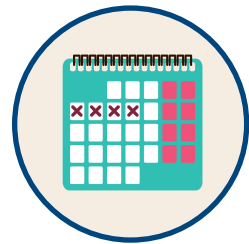
Estrogen/Progesterone pills (regular pills)



- Pill taken daily
- Typically 7 people out of 100 get pregnant each year
- Decrease cysts on ovaries
- Make periods lighter, shorter and more regular
- Safe to use with breastfeeding
- Can start 3-6 weeks after you deliver (6 weeks if obese, pre-eclampsia, c-section, older than 35 years, smoke, hemorrhage with delivery, blood transfusion)
- Can NOT use if migraines with aura, deep blood clots, smoke and older than 35 years old, prior stroke or heart disease
- Protects you from ovary, colon and uterus cancer
- Help with acne
- Do not cause weight gain

NATURAL FAMILY PLANNING

Fertility Awareness (Rhythm)



- Must have six months of normal cycles before using
- Can be difficult to track
- Typically 23 people out of 100 get pregnant each year
- Educational session with care provider recommended

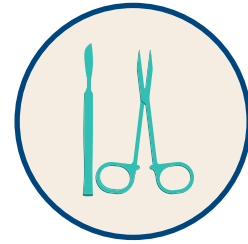
Lactational Amenorrhea Method (LAM)

- Must be EXCLUSIVELY breastfeeding (baby to breast NOT pumping)
- Must not have started menstruating
- This method can only be used until baby is 6 months old
- Educational session with care provider recommended

WHAT CAN I USE IF I AM COMPLETELY DONE HAVING BABIES?

Non-Reversible birth control methods:

Laparoscopic Tubal Sterilization (tying or removing tubes)



- Requires surgery in the operating room with three small incisions in belly
- Many types: clips, rings, burning or complete removal of tubes
- Is NOT reversible
- Can be done 6-8 weeks postpartum
- People under 30 may have higher rates of regret than older people
- Need to use birth control until tubes are tied after having baby
- Decreases your risk of ovarian cancer

Vasectomy (cutting tubes that allow sperm through)

- Procedure can be done in the clinic
- Extremely effective (<1% failure rate)
- Extremely safe
- Can be done without a scalpel
- Need to use birth control until a semen check confirms NO sperm

IF YOU HAVE ANY QUESTIONS ABOUT YOUR BIRTH CONTROL OPTIONS, PLEASE ASK TO SPEAK WITH YOUR PROVIDER.

Birth Control After Baby.



How do the various birth control methods work?
What are the side effects? Which are okay for breastfeeding?

WHY DOES BIRTH CONTROL AFTER YOU HAVE A BABY MATTER?

- Half of all pregnancies are unplanned
- If you already have a baby you are 2 times more likely to have an unplanned baby
- You can release an egg and get pregnant as early as 3 weeks after you deliver
- If you get pregnant < 6 months after your first baby you have a higher chance of:
 - Preterm/too early delivery
 - Baby having a low birth weight



WHAT CAN YOU USE THAT IS REVERSIBLE (MEANING YOU CAN STILL GET PREGNANT IN THE FUTURE)?

Etonogestrel Implant (Nexplanon)



You may want to consider hand expression if:

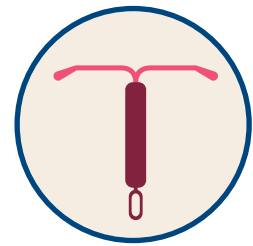
- Small rod under the skin in your arm
- Good for 5 years
- Fertility returns immediately after removal
- Most effective of all methods (< 1% failure)
- Can be placed immediately postpartum/before you leave the hospital
- Safe to use with breastfeeding
- 1 in 5 people stop getting their period
- 1 in 3 people have irregular periods, but it is usually less bleeding and pain than a regular period
- Does not cause weight gain

Condoms



- Must be used EVERY time before penis ever comes near vagina
- They can break
- Can be used immediately after delivery
- Typically 13 people out of 100 get pregnant each year
- Safe in breastfeeding
- No hormones

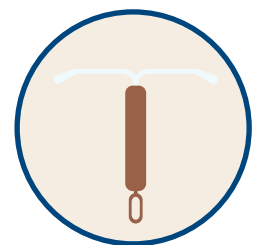
Levonorgestrel IUD – Hormonal



- Mirena, Liletta, Kyleena & Skyla are available in the U.S.
- T shaped device placed into your uterus through your vagina
- Medicine stays in your uterus
- Good for 3 or 5-8 years depending on IUD type

- Fertility returns immediately after removal
- Extremely effective method (<1% failure)
- Can be placed immediately postpartum or 4 – 6 weeks postpartum
- Safe to use with breastfeeding
- 90% of people have lighter, shorter and less painful periods
- Half of all people stop getting their period after 2 years
- Can have irregular periods in first few months after it is placed
- Can't be felt during sex

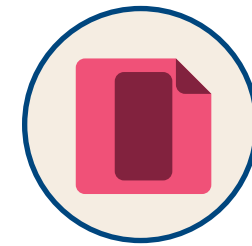
Copper IUD



- ParaGard available in the U.S.
- T shaped device placed into your uterus through your vagina
- No hormones
- Good for 12 years

- Fertility returns immediately after removal
- Extremely effective method (<1% failure)
- Can be placed immediately postpartum or 4 – 6 weeks postpartum
- Safe to use with breastfeeding
- May have slightly heavier and more painful periods for the first few months
- Can have irregular periods in first few months after it is placed
- Can't be felt during sex

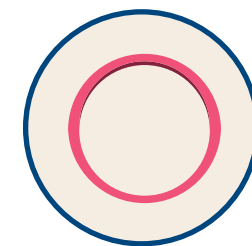
Patch



- Patch used weekly
- Typically 7 people out of 100 get pregnant each year
- Make periods lighter, shorter and more regular
- Decrease cysts on ovaries

- Safe to use with breastfeeding
- Can NOT use if migraines with aura, deep blood clots, smoke and older than 35 years old, prior stroke or heart disease
- Can start 3-6 weeks after you deliver (6 weeks if obese, pre-eclampsia, c-section, older than 35 years, smoke, hemorrhage with delivery, blood transfusion)
- Protects you from ovary, colon and uterus cancer
- Help with acne
- Does not cause weight gain

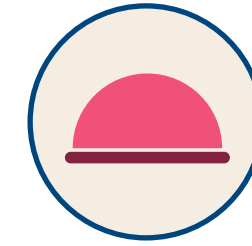
Ring



- Ring placed into the vagina monthly
- Typically 7 people out of 100 get pregnant each year
- Make periods lighter, shorter and more regular
- Safe to use with

- breastfeeding
- Can start 3-6 weeks after you deliver (6 weeks if obese, pre-eclampsia, c-section, older than 35 years, smoke, hemorrhage with delivery, blood transfusion)
- Can NOT use if migraines with aura, deep blood clots, smoke and older than 35 years old, prior stroke or heart disease
- Decrease cysts on ovaries
- Protects you from ovary, colon and uterus cancer
- Help with acne
- Do not cause weight gain

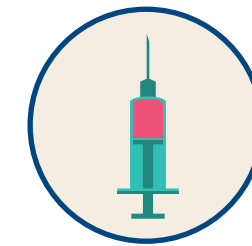
Diaphragm



- Requires office visit for fitting by your care provider 4-6 weeks post partum
- Must be used EVERY time before penis ever comes near vagina

- Must be used with spermicide
- Typically 17 women out of 100 get pregnant each year
- Safe to use with breastfeeding
- Must be refitted after each birth and if weight changes by 10 lbs up or down

Depo Provera (the shot)



- Shot in your arm or bum
- Good for 12 weeks (3 months)
- Extremely effective (<1% failure) if no missed shots
- Can start before you leave the hospital

- Typically – 4 people out of 100 get pregnant each year due to missed shots
- Safe to use with breastfeeding (not recommended if you have preemie)
- Can have irregular periods
- Can stop getting your period
- Can have mood changes, headaches, weight gain and hair loss – reversible

Progesterone only pills (mini pills)

- Pill taken daily
 - MUST be taken within same 2 hours each day
 - Typically 7 people out of 100 get pregnant each year
 - Can start immediately after delivery
- Safe to use with breastfeeding