

The top of the page features a decorative border with a repeating geometric pattern of triangles and diamonds in shades of teal and light blue. Below this border, the background is a dark blue with a subtle, larger-scale version of the same geometric pattern.

**Te Whatu Ora**

Health New Zealand

# Contraception options after birth

You can discuss contraception at your antenatal clinic visits and choose which method you would like to use. You may be able to be given your choice of method after birth, before you leave the hospital.

## Long acting reversible methods (LARC)

Most effective. Less than 1 pregnancy per 100 users in one year.

### Implant

Two rods containing the hormone progesterone, which stops the ovaries from releasing eggs.



<p><b>Health concerns</b></p> <p>A very small chance of pelvic infection when put in if have a STI</p>	<p><b>Advantages</b></p> <ul style="list-style-type: none"> <li>- Copper IUDs last for 10 years</li> <li>- Hormone IUDs last for 5 years and makes periods lighter</li> <li>- You can get pregnant as soon as it is removed</li> </ul>	<p><b>Side effects</b></p> <ul style="list-style-type: none"> <li>- Copper IUD can make periods heavier or crampy</li> <li>- Hormone IUD can give irregular bleeding in first few months</li> </ul>	<p><b>Can I start straight after birth?</b></p> <p>Both can be put in immediately after baby born. Otherwise at 4-6 weeks after birth.</p> <p>There is no effect on breastfeeding or baby.</p>
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### Intrauterine Device (IUD)

A plastic device with copper or the hormone progesterone on the stem, inserted into the cervix. Both work by stopping the sperm reaching the egg.



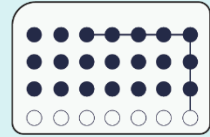
<p><b>Health concerns</b></p> <p>No serious risks.</p>	<p><b>Advantages</b></p> <ul style="list-style-type: none"> <li>- Can last for 5 years.</li> <li>- Immediate return to fertility when removed</li> </ul>	<p><b>Side effects</b></p> <ul style="list-style-type: none"> <li>- Irregular bleeding. This can be helped with medication</li> </ul>	<p><b>Can I start straight after birth?</b></p> <p>Yes. There is no effect on breastfeeding or baby.</p>
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# Hormonal methods

Less effective. Typically, 3 to 8 pregnancies per 100 users in one year

## Combined Contraceptive Pill

Contains the hormones oestrogen and progesterone. If the pill is taken every day, it stops the ovaries from releasing eggs.



### Health concerns

Very small chance of blood clots in legs or lungs

### Advantages

- Can make periods lighter, less painful or have no periods

### Side effects

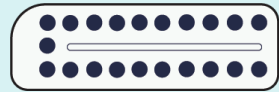
- Irregular bleeding in the first few months

### Can I start straight after birth?

No. It may affect milk supply, so don't use if you are breastfeeding  
You need to wait for 3 weeks to start if you're not breastfeeding.

## Progesterone Only Pill

Only contains progesterone, which makes cervical mucus thick so it is harder for sperm to get to the egg.



### Health concerns

No serious risk

### Advantages

- Can be used at any age

### Side effects

- May cause irregular bleeding

### Can I start straight after birth?

Yes. There is no effect on breastfeeding or baby.

## Depo provera

Contains progesterone, a hormone which stops ovaries from releasing eggs.



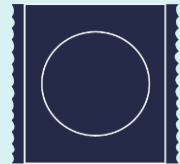
Health concerns	Advantages	Side effects	Can I start straight after birth?
No serious risk	<ul style="list-style-type: none"><li>- Lasts 12 weeks</li><li>- Can have no periods</li></ul>	<ul style="list-style-type: none"><li>- May cause irregular bleeding</li><li>- Weight may change</li></ul>	Yes. There is no effect on breastfeeding or baby

## Barrier methods

Least effective. Typically, 18 pregnancies per 100 users in one year

### Condoms

Put on the erect penis, and helps stop sperm from getting to the egg.



Health concerns	Advantages	Side effects	Can I start straight after birth?
No risk	<ul style="list-style-type: none"><li>- Helps protect from sexually transmitted infections</li></ul>	<ul style="list-style-type: none"><li>- Some people are allergic to rubber</li><li>- Can slip off or break</li></ul>	Yes

# Other methods

Least effective. Typically, 18 pregnancies per 100 users in one year

<b>Emergency Contraception</b>	<b>Fertility awareness</b>	<b>Permanent contraception</b>
<p>From 21 days after birth emergency contraception is needed if you have sex without using a method of contraception and don't want to become pregnant.</p> <p><b>Emergency contraceptive pill (ECP):</b></p> <p>If taken within 72 hours of unprotected sex, the ECP reduces the risk of getting pregnant. It works by delaying the release of the egg from the ovaries, and can be used if breastfeeding.</p> <p><b>The copper IUD:</b></p> <p>The IUD can also be inserted as emergency contraception. It works by stopping the fertilised egg from getting to the uterus. It is more effective than the ECP, and the chance of getting pregnant is less than 1 per 100. It can be used if breastfeeding.</p>	<p>When using this method, body temperature and cervical mucus need to be checked every day to work out when it is the fertile time during your cycle. This method is not reliable after birth as the body signs are more difficult to recognize.</p>	<p>Need to be sure that the family is complete as both methods are permanent</p> <p><b>Women:</b></p> <p>For women, this is a tubal ligation and means putting clips on the tubes to stop the egg getting to the uterus. Sometimes this can be done at the same time if you are having a Caesarean section birth.</p> <p><b>Men:</b></p> <p>For men, this is a vasectomy where the tubes are cut and stop sperm coming out at ejaculation.</p>



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