






# Contraceptive choices after birth

Contraceptive Method	How it works	Health concerns	Advantages	Side effects	Can I start straight after birth?
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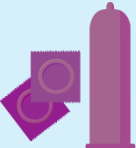
**Long acting reversible methods.** Most effective. Less than 1 pregnancy per 100 users in one year. ★★ ★

 <p><b>Implant</b></p>	Hormone progestogen in the rod stops ovaries releasing eggs	No serious risk	<ul style="list-style-type: none"> <li>Can last for 5 years.</li> <li>Immediate return to fertility when removed</li> </ul>	Irregular bleeding This can be helped with medication	✓ <b>Yes</b> No effect on breast feeding or the baby
 <p><b>Intrauterine device (IUD)</b></p>	Plastic device with <b>copper</b> or hormone <b>progestogen</b> on the stem. Both work by stopping the sperm reaching the egg	Very small chance of pelvic infection when put in if have a STI	<ul style="list-style-type: none"> <li><b>Copper IUD</b> can last for 10 years</li> <li><b>Hormone IUD</b> lasts for 5 years and makes periods lighter</li> <li>You can get pregnant as soon as it is removed</li> </ul>	<b>Copper IUD</b> can make periods heavier or crampy <b>Hormone IUD</b> can give irregular bleeding in first few months	✓ <b>Yes</b> Both can be put in immediately after baby born Otherwise at 4-6 weeks after birth No effect on breastfeeding or the baby

**Hormonal Methods.** Less effective. Typically 3 to 8 pregnancies per 100 users in one year ★★

 <p><b>Combined contraceptive pill</b></p>	Contains the hormones oestrogen and progestogen. If pill is taken every day, stops ovaries releasing eggs	Very small chance of blood clots in legs or lungs	<ul style="list-style-type: none"> <li>Can make periods lighter, less painful or have no periods</li> </ul>	Irregular bleeding in the first few months	✗ <b>No</b> May affect milk supply so don't use if breastfeeding Need to wait for 3 weeks to start if not breastfeeding
 <p><b>Progestogen only pill</b></p>	Contains only progestogen. Makes cervical mucus thick so harder for sperm to get to the egg	No serious risk	<ul style="list-style-type: none"> <li>Can be used at any age</li> </ul>	May cause irregular bleeding	✓ <b>Yes</b> No effect on breastfeeding or the baby
 <p><b>Depo Provera injection</b></p>	Contains progestogen. Stops ovaries releasing eggs	No serious risk	<ul style="list-style-type: none"> <li>Lasts 12 weeks</li> <li>Can have no periods</li> </ul>	May cause irregular bleeding Weight may change	✓ <b>Yes</b> No effect on breastfeeding or the baby

**Barrier Methods.** Least effective. Typically 18 pregnancies per 100 users in one year ★

 <p><b>Condoms</b></p>	Put on the erect penis and helps stop sperm from getting to egg	No risk	<ul style="list-style-type: none"> <li>Helps protect from sexually transmitted infections</li> </ul>	Some people are allergic to rubber Can slip off or break	✓ <b>Yes</b>
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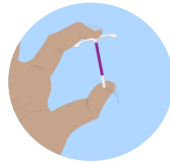
# Contraceptive choices after birth

- ▶ After birth, fertility returns quickly
- ▶ This can be as early as 21 days after birth
- ▶ Most methods of contraception can be used **immediately after birth** and **do not affect breastfeeding**.
- ▶ You can discuss this at your antenatal clinic visits and choose which method you would like to use.
- ▶ You can be given your choice of method after **birth before you leave the hospital**.



## Implant

**Most effective**. Chance of pregnancy less than 1 in 100.  
The implant has 2 rods containing the hormone progestogen. These are put under the skin in your arm with a local anaesthetic.  
Can be inserted just after birth.



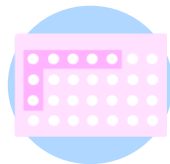
## IUD

**Most effective**. Chance of pregnancy less than 1 in 100.  
Can be put inside the uterus just after birth.



## Depo Provera injection

**Effective**. Chance of pregnancy typically 3 in 100 but 1 in 100 if next injection given on time.  
Injection given into the muscle in the buttock.  
Can start just after birth.



## Contraceptive Pills

**Effective**. Chance of pregnancy typically 8 in 100 but 1 in 100 if remember to take a pill every day.  
Can start the progestogen only pill just after birth.



## Condoms

**Least effective**. Chance of pregnancy typically 15 in 100 but 2 in 100 if used correctly every time.

## Other methods of contraception

### Emergency contraception

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.

**Emergency contraceptive pill (ECP):** If taken within 72 hours of unprotected sex, reduces the risk of getting pregnant. Works by delaying the release of the egg from the ovaries. Can be used if breastfeeding.

**The copper IUD:** can also be inserted as emergency contraception. 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. Can be used if breastfeeding.

### Fertility awareness

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 recognise.

### Permanent contraception

Need to be sure that the family is complete as both methods are permanent

**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.

**For men, this is a vasectomy** where the tubes are cut and stop sperm coming out at ejaculation.