



## Contraception After Birth

After you give birth there are many things to consider about your sexual health. You may be contemplating whether or not you want more children, whether or not you would like to breastfeed, when you want to start having sex again link sex during and after pregnancy page and other important decisions.

If you do not want to get pregnant shortly after giving birth, you may want to consider your contraceptive options. The following is a chart that outlines the effectiveness of various contraceptives for post-partum use, when they can be taken and their effect, if any, on breastfeeding.

Method of Contraception	Effectiveness	When you can begin using it if you are NOT breastfeeding	When you can begin using it if you are breastfeeding	Effect on Breastfeeding
Breastfeeding ( <u>Lactation Amenorrhea Method</u> )	Depends on how consistently it is used.	Not Applicable	Immediately, because you can only use L.A.M. if your period has not returned yet.	No Effect
Condoms  ( <u>male</u> )  ( <u>female</u> )	85-98% for male condoms  79-95% for female condoms	Immediately	Immediately	No effect
<u>Spermicides</u> -contraceptive foam, jelly, film	71-82% effective if used alone. If used with a condom the effectiveness rises to 99%	6 weeks after childbirth	6 weeks after childbirth	No effect
<u>Diaphragm</u> with spermicide	84-94% effective. Your diaphragm needs re-fitting after giving birth.	6 weeks after childbirth	6 weeks after childbirth	No effect
<u>Cervical cap</u> with	84-94% effective. Your cervical cap needs to be re-fitted	6 weeks after	6 weeks after	No effect

spermicide	after giving birth	childbirth	childbirth	
<u>Contraceptive Sponge</u>	68-80% effective	6 weeks after childbirth	6 weeks after childbirth	No effect
<u>Intra-Uterine Device (IUD)</u>	Approximately 99% effective	6 weeks after childbirth	6 weeks after childbirth	No effect
<u>Intra-Uterine System (IUS)</u>	Approximately 99% effective	6 weeks after childbirth	6 weeks after childbirth	No effect
<u>Contraceptive patch</u>	Approximately 99% effective	4+ weeks after childbirth. Talk to your doctor because every woman is different.	Not generally recommended if you are breastfeeding	May affect milk production & chance of hormones being passed through breast milk.
<u>Vaginal Contraceptive Ring</u>	Approximately 99% effective	4 weeks after childbirth	Not recommended if you are breastfeeding.	May affect milk production & chance of hormones being passed through breast milk.
<u>Progestin-only contraceptive pills &amp; injectable contraceptives</u>	Approximately 99% effective	Immediately	Immediately	No effect
<u>Combined oral contraceptive pills</u>	Approximately 99% effective	4+ weeks after childbirth	Not recommended if you are breastfeeding	May affect milk production & chance of hormones being passed through breast milk.