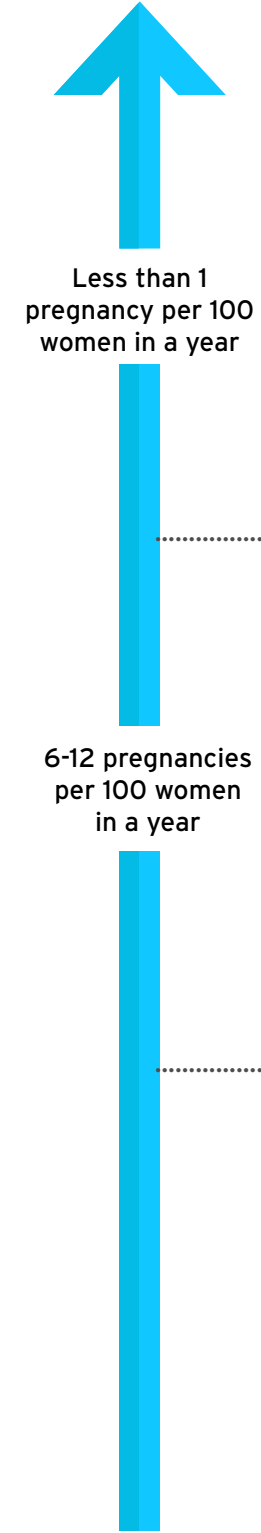











# Your postpartum birth control options

**MORE EFFECTIVE\***



**LESS EFFECTIVE\***  
More than 18  
pregnancies per 100  
women in a year

TYPE OF BIRTH CONTROL	HOW SOON AFTER DELIVERY CAN IT BE STARTED?	DOES IT IMPACT BREASTFEEDING?	WILL IT IMPACT MY ABILITY TO GET PREGNANT IN THE FUTURE?	OTHER CONSIDERATIONS
 <b>Tubal Ligation or Vasectomy</b>	Tubal ligation can be performed at the time of delivery (during a C-section) or shortly after a vaginal delivery. It can also be performed any time 6 weeks after you have delivered. Your partner can obtain a vasectomy at any time.	No	Yes, if you choose this method of contraception, it is generally permanent.	Requires surgery.
 <b>Intrauterine Device</b> (hormonal = Mirena® & others, or copper/non-hormonal = Paragard®)	An IUD can be inserted at the time of delivery (vaginal or C-section) or in the office as soon as a few weeks after.	No	No. You may be able to get pregnant again as soon as you have the IUD removed, even within a few days.	Lasts 3-12 years. Hormonal IUDs may cause irregular bleeding or no period at all while the copper IUD may cause heavier/crampier periods.
 <b>Arm Implant (Nexplanon®)</b>	The implant can be inserted at any time after delivery, often given before discharge from the hospital.	No	No. For some people, it may take a few months for their periods to become regular again.	Lasts 5 years. You may have irregular bleeding or no period at all.
 <b>The Shot (Depo-provera®)</b>	The shot can be started at any time after delivery, often given before discharge from the hospital.	No	No. For some people, it may take a up to 1 year for their periods to be regular again.	Lasts 3 months. You may have irregular bleeding or no period at all.
 <b>Combined estrogen + progestin Pills, Patch (Xulane®) or Ring (Nuvaring®)</b>	Birth control with estrogen should not be started until at least 3 weeks (if not breastfeeding) or 6 weeks (if breastfeeding) after delivery, depending on your circumstances.	Yes - birth control with estrogen should not be started until milk supply is established.	No	You must take a pill daily, change patch weekly, or change vaginal ring monthly.
 <b>Progestin-only Pill (POP)</b>	The progestin-only pills can be started any time after delivery, often started as soon as you go home from the hospital.	No	No	You must take a pill daily & pregnancy can occur if a pill is taken even a few hours late.
 <b>Lactational Amenorrhea Method (LAM)</b>	This method is only effective if you are exclusively breastfeeding, have no periods, and your infant is less than 6 months of age.	No	No	This method is not effective if your periods have returned, your baby is over 6 months of age or you are supplementing with formula.
 <b>Barrier Methods</b> (condoms, diaphragms, cervical caps, spermicides) or <b>withdrawal</b>	Diaphragm or cervical caps may not be effective before 6 weeks after delivery. Otherwise, they can be used as soon as you return to sexual activity.	No	No	All methods have to be used as instructed, some methods depend on your partner.
 <b>Fertility Awareness Methods</b>	This method is not effective until your regular and predictable periods return after a pregnancy.	No	No	This method is only effective if your cycles are very regular.

\*Effectiveness based on typical use of contraceptive method