

Family Planning After Your Baby



We are honored to be involved in your pregnancy care and future delivery. We would like to help you plan for your future family, after you deliver.

When is the best time to become pregnant again?

Waiting at least a year and a half before you are pregnant again improves your health and the health of your next baby.

Most effective methods of Contraception

- IUDs and the implant are the best for preventing pregnancy- they work >99% of the time
- You can become pregnant days to weeks after removing an IUD or implant
- Great choice for most women, including women who do not want more children or have medical illnesses

Intrauterine devices (IUDs)

- Placed inside the uterus at your doctor's office after delivery, at the time of your Cesarean, or immediately following delivery
- Remove easily anytime at your doctor's office

Hormonal IUD (Liletta or Mirena)

- Lowest dose of one hormone
- Good for at least 5 years
- You can expect light or no periods (uterine lining is "thinned" out)

Copper T IUD (ParaGard)

- Copper wire, no hormones
- Good for up to 10 years
- Your monthly periods may be heavier

Contraceptive Implant (Nexplanon)

- Small plastic rod, placed in the upper arm, one hormone
- Good for up to 3 years
- Takes a few minutes to place
- Your periods may be irregular or stop



What are other effective methods of birth control?

- The other birth control methods listed below prevent pregnancy 93 to 99% of the time.

The Birth Control Shot: (Depo Provera)



- Every 12 weeks
- One Hormone
- Irregular light or no periods
- It can take up to 1 year after stopping the shot to become pregnant

Progesterone-only pill (“minipill” or Micronor)

- One pill each day.
- Must take at the same time each day.

Birth Control Pills. The Patch. The Ring



- Oral combined contraceptive pills (many brands), ring, and patch.
- Contains two hormones.
- You will start a few weeks after you give birth to lower the risk of blood clots.

What are less effective methods of birth control?

Only condoms prevent sexually transmitted infections like HIV.

Condoms work to prevent pregnancy about 85% of the time.



Your doctors and nurses are happy to help you find the best birth control. It is a good idea to have a plan before you deliver. Talk to your doctor or nurse to learn more and figure out which method is best for you!

Left: Nuvaring



Right: Ortho Evra Patch

Sources: Association of Reproductive Health Practitioners www.arhp.org/healthmatters, Centers for Disease Control <http://www.cdc.gov/reproductivehealth/unintendedpregnancy/usmec.htm>, JAMA 2006: <http://www.fsfb.org.co/sites/default/files/birthspacingandriskofadverse.pdf> Authored by the Family Planning Division, Montefiore Ob/Gyn and Women's Health.

Birth control and breastfeeding: Progestin-only methods are safe to use while breastfeeding.