

POSTPARTUM BIRTH CONTROL: WHAT TO CONSIDER



After having a baby, it's important to wait at least 18 months before becoming pregnant again. This gives your body enough time to prepare for another pregnancy. Until then, you should use a safe, reliable form of birth control. When choosing birth control, ask yourself these questions:

- How much effort will it take?
- Is it safe for breastfeeding?
- Does it support my birth spacing plan?

BIRTH CONTROL	HOW DO I USE IT?	DO I NEED A PRESCRIPTION?	DOES IT PROTECT AGAINST STDS?	IS IT SAFE WHILE BREASTFEEDING?
Monthly oral contraceptive – the Pill (hormonal)	Take one pill at the same time every day	Yes	No	Yes (progestin-only)
Patch (hormonal)	Apply to skin and change weekly	Yes	No	Yes
Implantable hormonal contraceptive	Implanted under the skin of the arm; can remain in place for up to 3 years	Yes, implanted in doctor's office	No	Yes
Hormonal intrauterine device (IUD)	Inserted into uterus; can stay in place for up to 3-5 years	Yes, inserted in doctor's office	No	No
Non-hormonal copper intrauterine device (IUD)	Inserted into uterus; can stay in place for up to 10 years	Yes, inserted in doctor's office	No	Yes
Diaphragm	Insert before sex. Keep in place for 6 hours afterwards.	Yes	No	Yes
Condom	Gets put over your partner's penis before sex	No	Yes (latex or synthetic only)	Yes
Rhythm method	Self tracking your menstrual cycle to avoid unprotected sex while ovulating	No	No	Yes