

Contraception After Pregnancy



It is possible to become pregnant soon after you have been pregnant. If you are breastfeeding, you could begin ovulating as early as four weeks after childbirth. If you aren't breastfeeding, ovulation could start even sooner (even before your menstrual cycle returns).

Combination Contraception (contain both progestin and estrogen)

In the first few weeks after pregnancy, estrogen can increase your risk of blood clots and reduce your breast milk supply. Combination contraception should not be started until 4 weeks after delivery to allow time for your blood clotting to return to normal and for breastfeeding to establish. Additional time may be needed if you have a history of a blood clotting disorder or you have a reduced breast milk supply. Hormones from combined contraception in your breast milk will not harm your baby. Combination Contraception can be started immediately after miscarriage or termination (abortion).



The Vaginal Ring

The Patch



Combination Oral Contraceptive Pill

Progestin only Contraception (contain only progestin)

Progestin only contraception can be started immediately after childbirth, miscarriage or termination (abortion). In most cases, progestin-only contraception does not interfere with breast milk supply. Hormones from progestin-only contraception in your breast milk will not harm your baby.

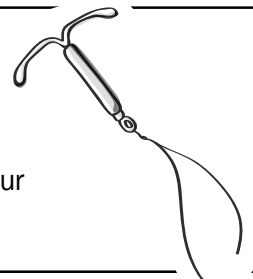
Depo Provera



Progestin-only mini pill

IUD

The **Copper IUD** contains no hormones, while the **Levonorgestrel-releasing IUD (LNG-IUS)** contains Progestin. Either IUD can be inserted at the time of childbirth, miscarriage or termination (abortion), or more than six weeks after childbirth, miscarriage or termination by your health care provider. The IUD does not interfere with breastfeeding.



Condoms

Condoms contain no hormones and can be used any time after childbirth, miscarriage or termination (abortion). In addition to preventing pregnancy, condoms also prevent the transmission of sexually transmitted infections (STIs).










Emergency Contraception

Emergency Contraception Pill (ECP) can be safely used if you are breastfeeding. In most cases ECP will not affect your breast milk supply, and if it does, your supply should return to normal within a couple of days. ECP is meant to be used occasionally, not as routine contraception and is most effective when taken within 24 hours of unprotected vaginal sex. It can be taken up to five days after unprotected vaginal sex, but it's less effective the later it is taken.

Copper IUD is the most effective form of emergency contraception when inserted within 7 days of unprotected vaginal sex. The copper IUD does not interfere with breastfeeding and can be left in place as your regular form of contraception.



COMPARISON CHART

 <p>Emergency Contraception Pill</p>	<p>Most effective when taken within 24 hours, but can be taken up to five days after unprotected sex.</p>	<p>Copper IUD (Cu-IUD) must be inserted within 7 days of unprotected sex.</p>	<ul style="list-style-type: none"> ✓ Prevents ovulation (Pill) ✓ Thins uterine lining (Pill) ✓ Prevents sperm from reaching the egg (IUD)
 <p>Pill & Mini Pill</p>	<p>91% effective in preventing pregnancy with typical use. You must take the pill every day.</p>	<p>Contains Estrogen & Progestin or Progestin only</p>	
 <p>Depo Provera</p>	<p>94% effective in preventing pregnancy with typical use. You must get your injection every 12 weeks.</p>	<p>Contains Progestin</p>	<ul style="list-style-type: none"> ✓ Prevents ovulation
 <p>Patch</p>	<p>91% effective in preventing pregnancy with typical use. You must remove the old patch and apply a new patch every week.</p>	<p>Contains Estrogen & Progestin</p>	<ul style="list-style-type: none"> ✓ Thickens Cervical Mucous ✓ Thins uterine lining
 <p>Ring</p>	<p>91% effective in preventing pregnancy with typical use. You must change your ring every month.</p>	<p>Contains Estrogen & Progestin</p>	
 <p>IUD</p>	<p>99.8% effective in preventing pregnancy Once inserted, it lasts 3-10 years (depending on the brand).</p>	<p>Copper IUD (Cu-IUD), contains no hormones. Levonorgestrel-releasing IUD (LNG-IUS), contains Progestin.</p>	<ul style="list-style-type: none"> ✓ Prevents sperm from reaching the egg. ✓ Prevents ovulation ✓ Thickens Cervical Mucous
 <p>Male & Female Condom</p>	<p>85% effective in preventing pregnancy with typical use. You must use a condom correctly every time you have sex.</p>	<p>Contains no hormones.</p>	<ul style="list-style-type: none"> ✓ Prevents sperm from reaching the egg.