

MS09 VT06 Postpartum Contraception v1 540

[MUSIC]

As you approach your due date you want to have a plan in place for what you're going to do for contraception after delivery.

Once you have a new baby at home and you're sleep deprived the last thing you want to worry about is "What am I gonna do for contraception?"

We really recommend you wait till the baby's a year old before you start trying to have another baby. It allows time for your body to recover and for that bonding to go on between you and your new baby.

Another reason is that if you are breastfeeding you want to give your baby the most nutrition possible through breastfeeding and you want to space those babies out.

There are many different types of birth control methods that are safe for you to use. There are hormonal options and there are non-hormonal options and if you are nursing your healthcare provider can also give you suggestions on what is safe.

We can start thinking about using those options either immediately postpartum or further on postpartum depending on the option that you choose: two weeks, six weeks, even 12 weeks postpartum.

Everyone can choose barrier methods such as condoms. And if you choose condoms, we recommend using a spermicide with it. You can use a diaphragm which is another barrier method. All those methods don't have any hormones

MS09 VT06 Postpartum Contraception v1 540

in them. If you are nursing you can use some hormonal contraceptive methods but you don't want to use anything that has estrogen in it. So your options if you are nursing your baby are you can use a progesterone-only birth control pill. You can use the shot called Depo-Provera or Medroxyprogesterone. You can use an implant that goes in the arm called NEXPLANON. You can also use an intrauterine device called Mirena which has progesterone in it. One other method that doesn't have any hormones in it is the copper IUD or the ParaGard IUD as well. Also some people want more permanent options for birth control. Your healthcare provider can also talk to you about those.

[End of recording]