

After you give birth to your baby, you're going to have to start thinking about if you want to get pregnant again and when.

We want you to have another pregnancy if that's what you want when the time is right for you.

That gives your body time to recover and also for you to have time to bond with your current baby.

It also allows you nutritionally to catch up and help breastfeed the new baby that you have now.

So if you can put at least a year's time between your pregnancies then you are in a situation to have a healthy pregnancy that next time.

So it's very important to have a contraception plan.

One thing to be aware of is that breastfeeding is not a birth control method.

That first ovulation, you don't know when it happens. And so it is very possible when you breastfeed to get pregnant.

Unless you take precautions.

So there are many options for contraception. I would say the most effective are LARC or long-acting reversible contraception.

One of my favorites is an IUD. Those are devices that we can place in the uterus either at your post-partum visit or even right at the hospital.

There are a few different types of IUDs and they can last anywhere from three to ten years depending on which type you choose.

They're totally safe with breastfeeding and they're 100% reversible so if you do decide you want to have another child, it won't impact your fertility at all.

If you're done with your family, sterilization is always an option such as having your tubes tied or having your partner have a vasectomy.

The thing that's important to know about those is that they're permanent so you have to be completely done having children.

Another highly effective option is the implantable rod. It's a couple inches long and about the thickness of the tip of a pen which after your skin is numbed is

inserted underneath the skin in your arm.

Second tier options that are still really effective with perfect use are the oral contraceptive pills.

Another second tier would be a medroxyprogesterone shot which is an injectable shot that you get every three months and then there are options that are less effective but better than nothing.

Something like the barrier methods. Think about things like condoms, diaphragms, spermicide.

Overall, birth control is really well tolerated but each birth control method has its own specific side effects that can or cannot affect the patient.

So while one woman might feel a side effect of mood changes on a certain type of birth control, many other women won't necessarily have that side effect.

So if you give a method a shot and you don't like it, please talk to your provider or the provider's office.

We always have something that you can try and we encourage you to talk to us

about those options.