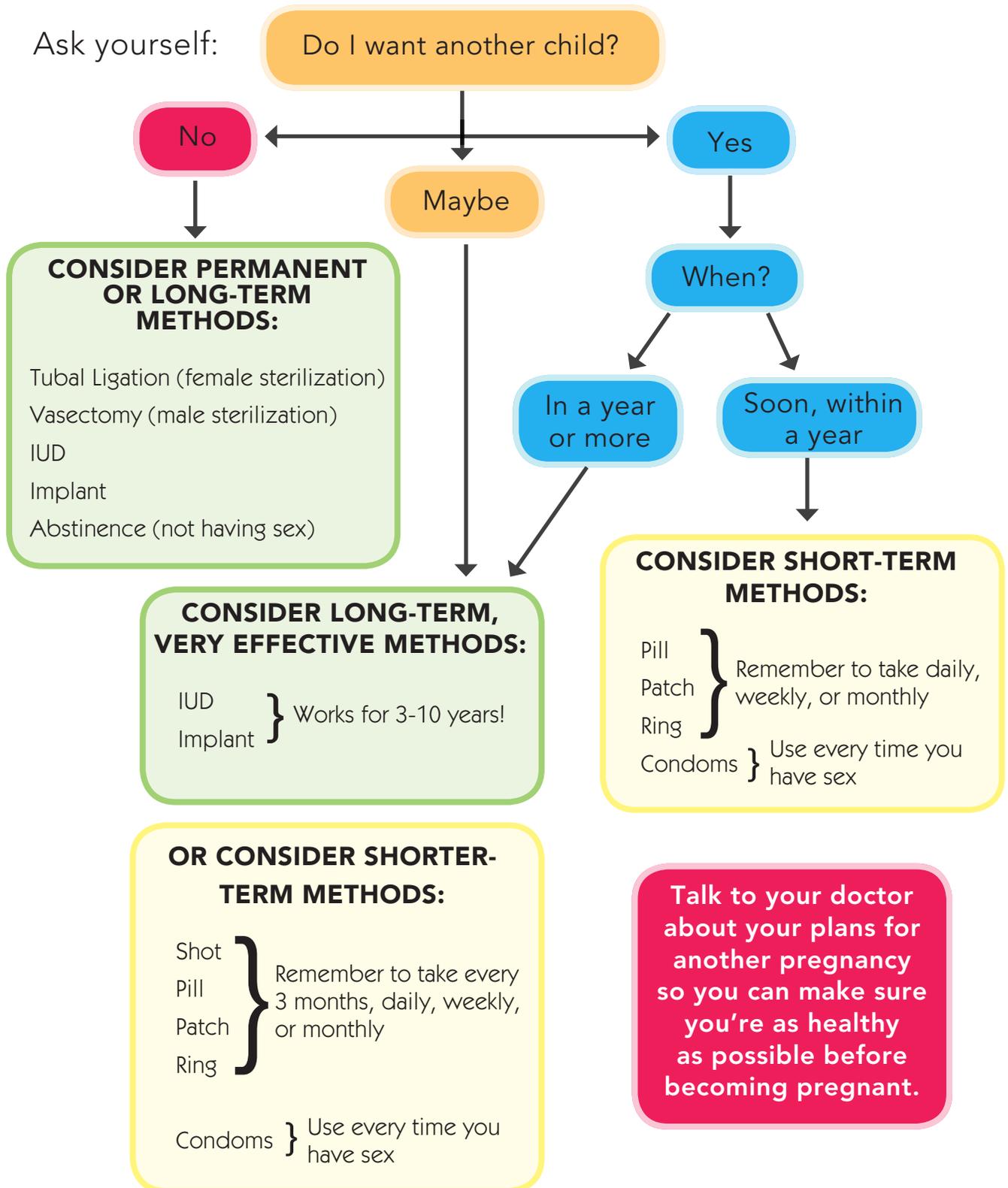
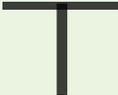
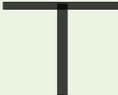


## FOR BREASTFEEDING MOMS

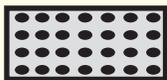


## FOR BREASTFEEDING MOMS

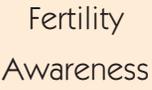
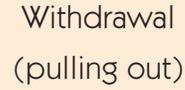
Really, really effective: Over 99% effective! (less than 1 pregnancy per 100 women)

	The Implant (Nexplanon) 	IUD (Skyla, Liletta) 	IUD (Mirena) 	IUD (ParaGard) 	Sterilization (male or female) 
Works for up to...	3 years	3 years	5 years	10 years	Forever
OK while breastfeeding?	Yes!	Yes!	Yes!	Yes!	Yes!

Pretty effective: 91% effective (about 6-9 pregnancies per 100 women)

	The Shot 	The Ring 	The Patch 	The Pill 
Remember to take it...	Every 3 months	Every month	Every week	Every. Single. Day.
OK while breastfeeding?	Maybe	No	No	Some

Not very effective: 76-84% effective (about 12-24 pregnancies per 100 women)

	Condoms 	Diaphragm 	Spermicide 	Fertility Awareness 	Withdrawal (pulling out) 
To work, these "barrier" methods must be used every time you have sex					
OK while breastfeeding?	Yes!	Yes!	Yes!	Yes!	Yes!

**Condoms are the best way to protect against sexually-transmitted infections. Always use a condom in addition to one of the methods above.**

## FOR BREASTFEEDING MOMS

Congratulations on your new baby! You haven't had to think about birth control for nine months, but you will soon be able to become pregnant again. Now is the time to consider if and when you would like to have another child. Planning when to have a baby can help ensure that you and your partner are healthy and ready when you choose to have another baby.

Pregnancy is a beautiful time of creating life, but it takes a lot of energy from you and your family. It is best to wait at least 18 months between pregnancies to fully heal from your last pregnancy.

It is also important to space out your pregnancies so you can be at a healthy weight when you get pregnant. Women of an unhealthy weight have more complications during pregnancy and worse birth outcomes. Being at an unhealthy weight before pregnancy makes someone more likely to keep on 11 extra pounds after pregnancy. Getting to a healthy weight before you have another baby will help you and your baby have the best outcomes possible.

The information and resources provided here will help you decide which birth control method is the best fit for you. All options should be discussed with your doctor.

### TIPS

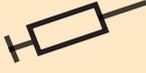
- Using birth control allows you to plan your pregnancy so that you can have another baby when you're ready.
- There are many more birth control options than just the pill.
- Your options for birth control depend on when you would like to have another baby and whether you are breastfeeding.
- You can get pregnant as soon as four weeks after having a baby.
- Discuss your options with your doctor because some methods aren't as effective for larger women.

### DID YOU KNOW?

- Getting your period means that you could become pregnant again.
- It is possible for women to become pregnant as soon as 4 weeks after giving birth, depending on when you get your period.
- You can't predict exactly when you could become pregnant again. To be safe, you should decide on the type of birth control you are going to use as soon as possible after having your baby.
- Women who are an unhealthy weight have a greater risk of pregnancy-related complications. This makes it very important to use birth control to avoid unintended pregnancy.

## THINGS TO CONSIDER:

To explore your birth control options ask yourself: When do you want to get pregnant again?  
How often do you want to take birth control?

	<b>PILL</b>	<b>PATCH</b>	<b>RING</b>	<b>SHOT</b>	<b>IMPLANT</b>	<b>HORMONAL IUD</b>	<b>COPPER IUD</b>
							
<i>Dosage</i>	Daily	Weekly	Monthly	3 months	3 years	3-5 years	12 years

1) For the breastfeeding woman who wants a long-term method and doesn't want to remember to take the pill every day

Options: **COPPER IUD** (ParaGard), **HORMONAL IUD** (Mirena and Skyla), **HORMONAL IMPLANT** (Nexplanon)

- IUD stands for Intra-Uterine Device and is placed in the uterus by a doctor. A doctor must also remove the IUD.
  - The Hormonal Implant is placed in the inside of the upper arm by a doctor. A doctor must also remove the implant.
- New Mom Perks:**
- All these are over 99% effective, regardless of your weight. That means that out of 100 women, less than 1 would get pregnant in a year.
  - These cause no hassle before, after or during sex.
  - There is nothing to remember! These work without you having to do anything!
  - Using one of these methods is an easy way to space out your pregnancies:
    - The Copper IUD lasts up to 10 years (ParaGard).
    - The Hormonal IUD lasts 3 years (Skyla) or 5 years (Mirena).
- The Implant lasts for 3 years (Nexplanon).
  - You can have them removed whenever you want to have another baby.
  - These methods are reversible. You will return to your normal fertility as soon as you have it removed.
  - Copper IUD contains no hormone and will not affect milk supply while breastfeeding.
  - Hormonal IUD and Hormonal Implant use progestin only and will not affect milk supply.

### Good to know:

- Need to have each of these placed and removed by a healthcare provider.
- These methods do not protect against sexually transmitted infections (STIs)

including HIV. Use a condom to protect yourself from STIs.

## Side effects:

- Both IUDs may cause cramping when placed, but this will go away.
- Copper IUD
  - May make periods heavier with more cramping.
- Hormonal IUD
  - May make periods lighter and can reduce period flow up to 90%.
  - Hormonal IUD uses very little hormone and is localized in the uterus. This means women are less likely to feel effects of the hormone throughout their body.
  - May have spotting between periods for the first few months.
- There is a possibility that the IUD could come out on its own. This is less likely to happen in women who have had a baby. Check the strings regularly and pay attention to abnormal spotting or pain.
- Hormonal Implant
  - May cause unpredictable spotting and/or irregular periods for the first six months.

- May cause lighter or heavier periods
- Some women experience acne, headaches, sore breasts, and nausea.

## When to start:

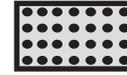
- Hormonal or Copper IUD: Within 10 minutes of vaginal delivery or 4-6 weeks postpartum.
- Implant: 4-6 weeks postpartum.
- The Hormonal IUD or Implant will take 7 days to begin to work. Use a condom to prevent pregnancy for the first 7 days.

## Learn more:

- [youtube.com/watch?v=SBp2-tciClk](https://www.youtube.com/watch?v=SBp2-tciClk)
- [youtube.com/watch?v=MSF-1wbuRil](https://www.youtube.com/watch?v=MSF-1wbuRil)

## 2) For the breastfeeding woman who can remember to take the pill every day

Options: **PROGESTIN-ONLY PILL** (sometimes called the “Mini-pill”)



- This is a pill that you take by mouth at the same time every day. It contains the hormone progestin.
- Think about your life with a new baby. Can you remember to take this at the same time every day?

### New Mom Perks:

- About 91% effective with typical use, which means out of 100 women, 9 would get pregnant in a year.
- Unlike the combined pill (which has estrogen and progestin) the mini-pill will not affect your milk supply.
- The mini-pill does not protect against sexually transmitted infections (STIs) including HIV. Use a condom to protect yourself from STIs.
- The mini-pill is reversible. As soon as you stop taking it you could become pregnant.

### Side effects:

- Can make periods lighter with fewer cramps.
- Some women experience bleeding between periods, breast tenderness and headaches. These usually go away after a few months on the mini-pill.

### When to start:

- Recommended 6 weeks after delivery but can start immediately after delivery.
- The mini-pill will take 7 days to work. Use a condom to prevent pregnancy for the first 7 days.

### How to get it:

- Your doctor can prescribe the mini-pill for you. Be sure to tell your doctor about any health problems you may have or medications you are taking.

### Helpful ways to remember to take the pill:

- Sign up at [bedsider.org](https://bedsider.org) for daily reminders
- Download one of these apps to get daily reminders
  - myPill
  - ThePill
  - Ipill
- Learn more about birth control pills here: [youtube.com/watch?v=awskDqt1o98](https://youtube.com/watch?v=awskDqt1o98)

### 3) For the breastfeeding woman who wants to use breastfeeding as a form of birth control.

Option: **BREASTFEEDING TO DELAY YOUR PERIOD** (Breastfeeding Amenorrhea)

- Breastfeeding can delay your first period and your risk for pregnancy for up to 6 months after delivery if done a certain way.
- This method will work only if:
  1. You haven't had your period since the birth of your baby.
  2. You are exclusively breastfeeding without pumping.
    - You must be nursing your baby on demand day and night. This means you're waiting no longer than four hours between feedings during the day and six hours between night feedings.
    - Cannot be pumping or bottle-feeding. Your baby's suckling helps to delay ovulation and your period.
  3. You are less than 6 months postpartum.

#### New Mom Perks:

- 95% effective if done perfectly which means that out of 100 women, 5 would get pregnant with this method.
- It's free and natural, but it's also temporary.



#### Good to know:

- It is difficult to predict when you will begin your period again. When you begin your period you could become pregnant if not using another form of birth control.
- As soon as you get your period you need to use another form of birth control even if you're still breastfeeding.
- Breastfeeding does not protect against sexually transmitted infections (STIs) including HIV. Use a condom to protect yourself from STIs.

#### Choose another method of birth control when:

- You stop breastfeeding or breastfeed fewer times in the day or for less time
- You introduce bottle feeds or formula
- Your period returns
- Your baby turns 6 months old

Permanent Methods: For the Woman who does not want more children.

## Option: **FEMALE STERILIZATION (TUBAL LIGATION)**

- A procedure that permanently blocks off the fallopian tubes so that an egg cannot be released, and is therefore not able to be fertilized by sperm.
- Over 99% effective.
- Can be done during delivery for a c-section or within 48 hours of a vaginal delivery. Can also be done any time postpartum.
- Can be done as a surgery or without surgery.
- This method cannot be reversed. Have a discussion with your doctor before choosing this option. A good alternative is an IUD if you think you may want to have another baby.
- Sterilization does not protect against sexually transmitted infections (STIs) including HIV. Use a condom to protect yourself from STIs.
- Sterilization is not effective immediately. Use condoms until the doctor says the procedure has worked.

## Option: **MALE STERILIZATION (VASECTOMY)**

- A procedure that permanently blocks the tubes that carry sperm so that an egg cannot be fertilized by the sperm.
- Over 99% effective.
- Can be done at any time in a man's reproductive life.
- Male sterilization is a simple procedure that can be done in a doctor's office.
- After the procedure another form of birth control should be used for 3 months until the doctor says the procedure has worked.
- This method cannot be reversed. Have a discussion with your doctor before choosing this option.
- Sterilization does not protect against sexually transmitted infections (STIs) including HIV. Use a condom to protect yourself from STIs.

## Other Effective Methods to Consider:

### **BIRTH CONTROL SHOT (DEPO-PROVERA SHOT)**



- The birth control shot is given to you by a doctor or nurse every three months.
- 94% effective with typical use, which means out of 100 women, 6 will get pregnant in a year.
- The shot uses the hormone progestin. It contains the most amount of hormone of any birth control method.
- **THE SHOT IS THE ONLY BIRTH CONTROL METHOD ASSOCIATED WITH WEIGHT GAIN** (usually about 5 pounds while receiving shot).
- The shot causes period changes in many women. Period could get lighter or heavier. Many women stop getting their period.
- Can start taking six weeks after delivery if breastfeeding and immediately after delivery if not breastfeeding.
- The shot will take 7 days to work. Use a condom to prevent pregnancy for the first 7 days after your shot.
- Requires you to go to the doctor every three months to get the shot. This can be hard to remember when you have a baby. It can be difficult to get to a doctor if you have an irregular schedule or don't have reliable transportation.
- If you miss a shot you could get pregnant.
- Return to fertility is not always immediate. It could take up to 18 months for the shot to wear off.
- The shot does not protect against sexually transmitted infections (STIs) including HIV. Use a condom to protect yourself from STIs.

## Barrier Methods:

### **CONDOMS (MALE AND FEMALE), DIAPHRAGM, SPERMICIDE.**

- These are called “barrier methods” because they block the sperm from entering the uterus.
- These methods are the least effective.
  - Male Condom is 82% effective with typical use (18 out of 100 would get pregnant).
  - Female Condom is 79% effective with typical use (21 out of 100 would get pregnant).
  - Diaphragm is 88% effective with typical use (12 out of 100 would get pregnant).
  - Spermicide is 72% effective with typical use (28 out of 100 would get pregnant).
- These methods must be used every time you have sex.
- These methods can be used at any time postpartum because they don’t involve any hormones.
- Condoms (male and female) are the only methods that prevent spread of sexually-transmitted infections (STI) including HIV.
- The male condom is a thin covering that fits over an erect penis. It is usually made out of latex but there are other options for those who are allergic to latex.
  - Use only water-based lubricants with latex condoms.
  - Must use a new condom every time you have sex.
- The female condom is a loose-fitting condom that goes inside the vagina. It is made out of nitrile (plastic).
  - Can cause irritation of the vagina, vulva, penis or anus.
  - Must use a new condom every time you have sex.
- The diaphragm is a round piece of soft silicone rubber that is used with spermicide and placed in the vagina. A doctor can fit you for a diaphragm.
  - May irritate the vagina.
  - Does not protect against sexually transmitted infections (STIs) including HIV. Use a condom to protect yourself from STIs.
- Spermicide can be a foam, cream, gel, pill or vaginal film that works by killing sperm. Works best with additional barrier method like a condom or diaphragm.
  - Some people might be allergic to spermicide or it could irritate the lining of the vagina.
  - Does not protect against sexually transmitted infections (STIs) including HIV. Use a condom to protect yourself from STIs.

## Fertility Awareness Methods or Natural Family Planning:

- These methods are the least effective and work about 76% of the time. This means that out of 100 women using these methods, 24 will get pregnant.
- These methods require commitment, effort, and a thorough understanding of your body and when you are fertile. They also involve avoiding sex or using a birth control method during certain times of the month.
- Fertility Awareness Methods don't involve hormones.
- Many methods require regular periods or assessing body temperature or mucus in your vagina.
- Some specific methods are:
  - **CALENDAR OR RHYTHM METHOD.** This method requires very regular periods and involves a woman tracking her menstrual cycles on a calendar to know when to not have sex.
  - **CERVICAL MUCUS METHOD.** For this method a woman feels her cervical mucus (inside her vagina) to determine if she is fertile or not.
  - **TEMPERATURE.** This method requires a woman to take her temperature every day and record it to predict when she will ovulate.
  - **SYMPTOTHERMAL METHOD** combines the above methods.
- Learn more about Fertility Awareness Methods at these websites:
  - [nytimes.com/health/guides/specialtopic/birth-control-and-family-planning/fertility-awareness-methods.html](https://www.nytimes.com/health/guides/specialtopic/birth-control-and-family-planning/fertility-awareness-methods.html)
  - [plannedparenthood.org/health-info/birth-control/fertility-awareness](https://www.plannedparenthood.org/health-info/birth-control/fertility-awareness)
  - [bedsider.org/methods/fertility\\_awareness#details\\_tab](https://www.bedsider.org/methods/fertility_awareness#details_tab)

## If you forget to take your birth control and have unprotected sex

### Option: **EMERGENCY CONTRACEPTION**

Emergency contraception stops a pregnancy before it starts.

- Emergency contraception will not affect a pregnancy that has already begun, so it is not an abortion.
- They only work up to 5 days after unprotected sex but are more effective if taken sooner.
- If you decide to use a method other than IUD or Implant you should consider having Emergency Contraception on hand in case you forget your shot, pill, patch or ring.
- These methods do not protect against sexually transmitted infections (STIs) including HIV. Use a condom to protect yourself from STIs.

There are several options to choose from:

- **COPPER IUD** (ParaGard) must be placed in the uterus by a doctor within 5 days of unprotected sex.
  - This method reduces chance of pregnancy even after unprotected sex by 99.9%.
  - After the Copper IUD is placed it can work for up to 10 years!
  - IUD stands for Intra-Uterine Device and is placed in the uterus by a doctor. A doctor must also remove the IUD.
  - The IUD causes no hassle before, after or during sex.

- You can have the IUD removed whenever you want to have another baby.
- This method is reversible. You will return to your normal fertility as soon as you have it removed.
- Copper IUD contains no hormone and will not affect milk supply while breastfeeding.
- This method does not protect against sexually transmitted infections (STIs) including HIV. Use a condom to protect yourself from STIs.
- **PROGESTIN-ONLY PILLS** (Plan B One-Step, Next Choice One Dose, Next Choice, My Way, and Levonorgestrel) are pills that you take after unprotected sex. Some have one pill and others have two.
  - Available over the counter. Don't need a prescription.
  - Contain the same hormones as birth control pills but in a much higher dose.
  - Can work for up to 5 days after unprotected sex but **most effective if used within 3 days**.
  - Less effective for women with a BMI over 25. May not work for women with a BMI over 30. *Find your BMI with this link*
  - Breastfeeding women should not take sooner than three weeks after delivery.

## COVERAGE AND COST:

Don't be worried about the cost of contraception!

Under the Affordable Care Act (ACA), all birth control methods, sterilization procedures, and patient education and counseling that have been approved Food and Drug Administration (FDA) should be available at no additional

cost through your health plan. Call the member services number on the back of your insurance card or talk to your doctor about what is covered.

## RESOURCES:

### COMPARE ALL BIRTH CONTROL METHODS SIDE BY SIDE

[bedsider.org](http://bedsider.org)

### MAKE YOUR OWN REPRODUCTIVE LIFE PLAN

[cdc.gov/preconception/documents/reproductivelifeplan-worksheet.pdf](http://cdc.gov/preconception/documents/reproductivelifeplan-worksheet.pdf)

### TAKE A SHORT QUIZ TO DETERMINE WHICH BIRTH CONTROL 'FITS' YOU

[webmd.com/sex/birth-control/birth-control-rm-quiz](http://webmd.com/sex/birth-control/birth-control-rm-quiz)

### COMPREHENSIVE LIST OF ALL BIRTH CONTROL OPTIONS

[webmd.com/sex/birth-control/ss/slideshow-birth-control-options](http://webmd.com/sex/birth-control/ss/slideshow-birth-control-options)

Contraceptive Options for Women in the Postpartum Period

[womenshealth.gov/publications/our-publications/fact-sheet/birth-control-methods.html](http://womenshealth.gov/publications/our-publications/fact-sheet/birth-control-methods.html)

[plannedparenthood.org/health-topics/birth-control-4211.htm](http://plannedparenthood.org/health-topics/birth-control-4211.htm)

[webmd.com/sex/birth-control/birth-control-overview](http://webmd.com/sex/birth-control/birth-control-overview)

[cdc.gov/reproductivehealth/UnintendedPregnancy/Contraception.htm](http://cdc.gov/reproductivehealth/UnintendedPregnancy/Contraception.htm)

[reproductiveaccess.org/fact\\_sheets/bc\\_choices.htm](http://reproductiveaccess.org/fact_sheets/bc_choices.htm)

[beforeplay.org/methods/](http://beforeplay.org/methods/)

[familypact.org/Clients/choosing-a-birth-control-method](http://familypact.org/Clients/choosing-a-birth-control-method)

[marchofdimes.com/pregnancy/birth-control.aspx](http://marchofdimes.com/pregnancy/birth-control.aspx)

### STILL UNSURE? USE THESE INTERACTIVE TOOLS TO CHOOSE A BIRTH CONTROL METHOD THAT'S BEST FOR YOU:

[arhp.org/Publications-and-Resources/Patient-Resources/Interactive-Tools/Choosing-a-Birth-Control-Method](http://arhp.org/Publications-and-Resources/Patient-Resources/Interactive-Tools/Choosing-a-Birth-Control-Method)

## FIND A FAMILY PLANNING CLINIC NEAR YOU

### FAMILY PLANNING ASSOCIATES MEDICAL GROUP

877-883-7264

[fpamg.net](http://fpamg.net)

FPA is an accredited family planning and abortion services provider that offers patients safe and convenient access to quality care in 20 locations throughout California.

### PLANNED PARENTHOOD

800-576-5544

[plannedparenthood.org/los-angeles/](http://plannedparenthood.org/los-angeles/)

Planned Parenthood has 19 health centers throughout Los Angeles that provide birth control, emergency contraceptives, gynecology services, pregnancy testing, STD testing and treatment, and more.

### FAMILY PACT

800-942-1054

[familypact.org](http://familypact.org)

The Family PACT program is California's innovative approach to provide comprehensive family planning services, education, and assistance to eligible low income men and women. Enter your zip code to find providers in your area.

### LOS ANGELES COUNTY HEALTH SERVICES

323-869-7160

[ladhs.lacounty.gov/wps/portal/FamilyPlanning](http://ladhs.lacounty.gov/wps/portal/FamilyPlanning)

LA County Health Services provides a list of reproductive health information and resources with qualified providers located throughout Los Angeles County.

### ESSENTIAL ACCESS HEALTH

213-386-5614

[essentialaccess.org/advocacy/health-info/find-a-clinic](http://essentialaccess.org/advocacy/health-info/find-a-clinic)

CFHC funds family planning and reproductive health services for low-income and uninsured clients through nearly 80 health care organizations collectively operating nearly 345 health centers. Visit the Title X clinic map and enter your zip code to find a health provider near you.

*All content here should be considered as opinion only. Always seek the direct advice of your own doctor or healthcare provider in connection with any questions or issues you may have regarding your own health or the health of others.*

## GLOSSARY

**Affordable Care Act:** The Affordable Care Act is the federal health care reform bill that Congress passed and President Obama signed into law in 2010.

**Amenorrhea:** Absence of a menstrual period.

**BMI:** Body Mass Index (BMI) is a number calculated from a person's weight and height. Learn more at [cdc.gov/healthyweight/assessing/bmi/](http://cdc.gov/healthyweight/assessing/bmi/).

**Combination Birth Control Pills:** Often called just "the pill" or oral contraception, combination birth control pills contain both the hormones estrogen and progestin. Women can take the pill daily to prevent pregnancy.

**Contraceptives:** Also known as birth control. Contraceptives are any device or drug that helps to prevent pregnancy.

**Copper IUD:** The ParaGard Copper Intrauterine Device (IUD) is a small, "T-shaped" device made of flexible plastic wrapped in copper. A health care provider places an IUD into a woman's uterus to prevent pregnancy.

**Egg:** The female reproductive cell, which can combine with the sperm during fertilization.

**Ella:** Emergency contraception pill that works by preventing or delaying ovulation. Can be taken up to 5 days after unprotected intercourse. Requires a prescription.

**Fallopian Tubes:** Tube that carries the egg to the uterus. This is where fertilization of the egg can occur.

**Fertility:** Ability to become pregnant.

**Hormones:** Chemicals made in our bodies that control how different parts of our bodies work.

**Hormonal IUD:** There are two types of hormonal IUD, Mirena which lasts for 5 years and Skyla which lasts for 3 years. Both are small, "T-shaped"

devices made of flexible plastic that releases the hormone progestin. A health care provider places an IUD into a woman's uterus to prevent pregnancy.

**Implant:** The hormonal implant is a thin, flexible plastic implant about the size of a matchstick that releases the hormone progestin. It is inserted under the skin of the upper arm by a healthcare provider to protect against pregnancy.

**Menstrual Cycle:** Cycle of changes in the uterus and ovary that prepare the body for reproduction. Birth control alters this cycle to prevent pregnancy.

**Ovulation:** When one or more eggs are released from the ovary. This usually happens about halfway through a woman's menstrual cycle. When ovulation occurs, the egg moves into the fallopian tubes and is available for fertilization. This is when women's chances for becoming pregnant are highest.

**Progestin-Only Pills:** Pills containing only the hormone progestin. Women can take the pill at the same time every day to prevent pregnancy. Certain pills (Plan B, One-Step, Next Choice) can be taken as emergency contraception for up to 3 days after unprotected sex.

**Postpartum:** Period of time after childbirth.

**Sexually Transmitted Diseases (STDs):** Infections that you can get from having sex with someone who has the infection. There are more than 20 types of STDs including chlamydia, gonorrhea, genital herpes, HIV/AIDS, HPV, syphilis, and trichomoniasis.

**Sperm:** The male reproductive cell, which can combine with the egg during fertilization.