

For more information about any of these options please ask your midwife or doctor

Websites for information

<https://www.nhs.uk/baby/support-and-services/sex-and-contraception-after-birth>

<https://www.bpas.org/more-services-information/contraception/contraception-after-a-baby/>

To book a sexual health appointment for contraception scan the QR code:



Sexual Health
St Helens



Axess Knowsley,
Liverpool, Halton and
Warrington



The Brook Sefton at
Southport or Hants Lane
Ormskirk

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance. Please ask a member of staff if you would like a chaperone present during your procedure.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshalls Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Ormskirk Hospital
Dicconson Way, Wigan Road,
Ormskirk, Lancashire, L39 2AZ
Telephone: 01695 577 111

Southport Hospital
Town Lane, Kew,
Southport, Merseyside, PR8 6PN
Telephone: 01704 547 471

Contraception after having your baby

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

What is contraception?

Contraception is a method or device that prevents pregnancy.

Why is it important?

- You can get pregnant from 3 weeks (21 days) after giving birth.
- Getting pregnant again soon after giving birth can increase the risk of your baby being born early, baby being small, stillbirth and early neonatal death.
- It can also increase your risk of having pre-eclampsia or gestational diabetes in your next pregnancy. If you have had a caesarean section, having another pregnancy soon after will increase your risk of uterine rupture.

Because of this it is recommended to wait at least 2 years (recommended by the World Health Organisation) since your last baby was born before trying again.

1 in 3 women will have an unplanned pregnancy within 12 months of giving birth.



Permanent contraception

There is the option during your caesarean section or at a later date to have a permanent sterilisation which involves removing your tubes or putting clips on them. This cannot be reversed and there is a risk of regret. This option is best suited for those who have completed their family.

Vasectomy is also another option of permanent sterilisation for male partners which needs to be discussed with their GP.

Other options

Condoms can be used at anytime. Condoms have the benefit of also protecting you against sexually transmitted infections - no other form of contraception will do this.

Diaphragms and caps should be avoided until 6 weeks after giving birth, you may need to be refitted for a diaphragm.

Fertility awareness - this is unreliable after delivering a baby and should be avoided until your periods return regularly.

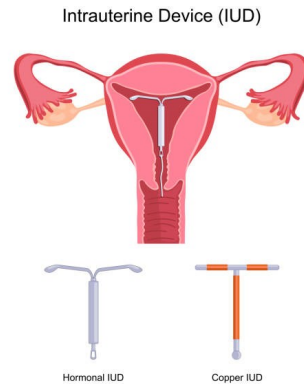


Emergency contraception is safe to have if needed.

Contraception inside your uterus/intrauterine system or device (IUS/IUD)

There are two types of contraception that can be inserted into your uterus:

1. **Hormone system (IUS)** - contains one hormone progesterone. This can help make your periods lighter and less painful.
2. **Copper device (IUD)** - non hormonal.



- Effective immediately if fitted within 48 hours of vaginal birth or can be inserted at the time of your caesarean section.
- Safe in breastfeeding.
- Side effects include irregular bleeding usually for up to 6 months.
- Slightly higher risk of it falling out especially if breastfeeding or making an accidental hole in the uterus if inserted after delivery.
- Should have thread check 4-6 weeks after insertion.
- Sometimes cannot be inserted if you have an infection or have bled significantly.

Hormonal can be effective for up to 8 years and copper is effective for 10 years.

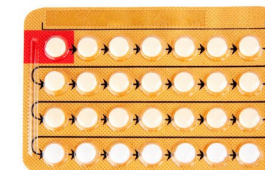
What is available to me after birth?

There are many options available after giving birth. These can be divided into different categories which will be detailed in this leaflet.

There are hormonal and non hormonal options. If you are looking for long term contraception, the hormonal intrauterine system, copper intrauterine device, implant or injection are the best options.

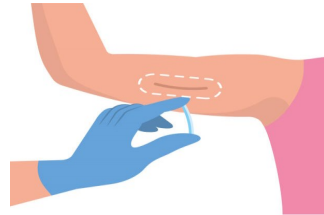
Progestogen Only Pill (POP)

- Contains one hormone which you take everyday.
- Effective immediately if taken within 21 days of giving birth.
- Over 99% effective if taken as directed.
- The pill should be taken at the same time everyday. If you miss a dose, the time window for taking it varies depending on the pill prescribed. For many pills it is up to 12 hours, but for some it may be as little as 3 hours.
- Side effects are no different to usual, can cause irregular bleeding or stop periods altogether.
- Can experience some temporary side effects like acne, breast tenderness or mood changes.
- Safe in breastfeeding.



Subdermal Implant (SDI)

- Contains one hormone in a small plastic flexible rod.
- Involves a procedure with local anaesthetic to insert it into your arm under the skin (risk of bruising/pain/swelling).
- Safe and effective immediately if inserted within 21 days of giving birth - failure rate of 0.05%.
- Lasts for 3 years.
- Can make periods less painful, lighter or irregular.
- Safe in breastfeeding.



Contraceptive injection

- Contains one hormone involving an injection into the muscle in your arm, buttock or thigh.
- Safe and effective immediately if inserted within 21 days of giving birth - failure rate of 0.2%.
- Requires a repeat injection every 12-14 weeks.
- Can make periods lighter or irregular, there is a small risk of weight gain and there can be a delay in return of fertility for up to 12 months.
- Safe in breastfeeding.
- If you have no risk factors for blood clots then you can have this injection immediately after birth, if you do have risk factors for blood clots, you can have the injection 6 weeks after the birth of your baby.



Breastfeeding as contraception

Only works if strict criteria are met. Do not rely on this method otherwise.

98% effective if:

- Exclusively breastfeeding with intervals not exceeding 4 hours during the day and 6 hours at night.
- Periods have not returned.
- Less than 6 months since giving birth.



Combined Hormonal Contraception (CHC)

- Contains two hormones - includes oestrogen and progestogen.
- Can be in the form of the combined pill, ring or patch.
- Cannot start immediately after giving birth due to increased risk of blood clots.
- Can be started 3 weeks after if not breastfeeding, otherwise can be started 6 weeks after if breastfeeding if low risk for blood clots.
- Can make periods less painful or lighter.
- Not suitable if you smoke, have a high BMI, have headaches with aura or have certain medical conditions.

Can use POP while waiting to start CHC (this is called bridging).

