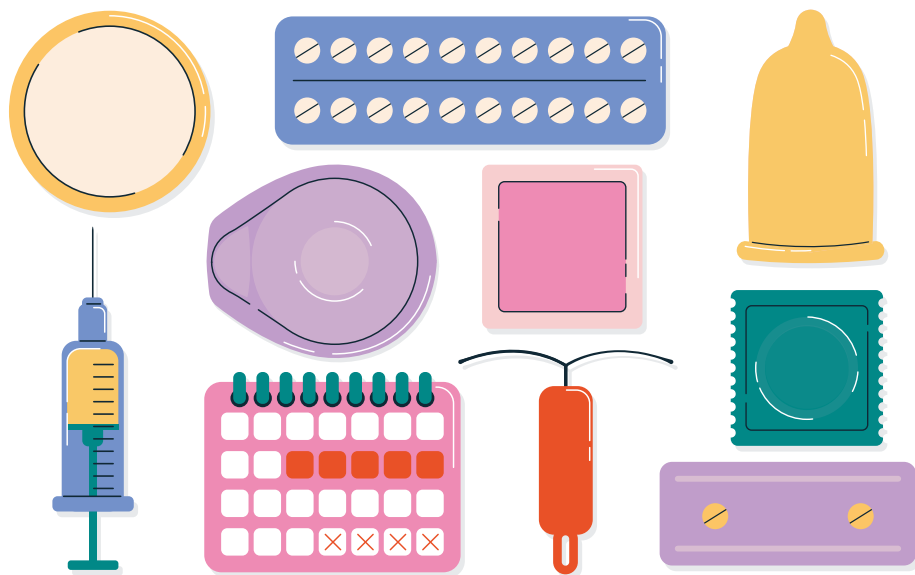


Contraception after birth

Information for women and birthing people



As part of your postnatal care, midwives will ask you about your plans for contraception. This is because your fertility will return within 21 days after giving birth and you can become pregnant again.

You can also discuss your options with your GP or contact Sexual Health Services, Nottingham and Nottinghamshire. More information can be found on the website:

<https://www.sfh-tr.nhs.uk/services/sexual-health/>

If you are breast/chest feeding or expressing

Options immediately after birth

Condoms (the only option which protects against sexually transmitted infections).

If you are exclusively breast/chest feeding

Lactational amenorrhoea method (LAM), where you are exclusively breast/chestfeeding and this can stop you ovulating. LAM can be up to 98% effective but only if you follow a number of actions – more information can be found on this website: www.breastfeedingnetwork.org.uk/factsheet/contraception/

Hormonal contraceptives

These can be started at various points (dependent on your medical history and chance of having a blood clot) but it is suggested to start no less than six weeks to avoid reducing milk production.

Progesterone Only Pill (POP)

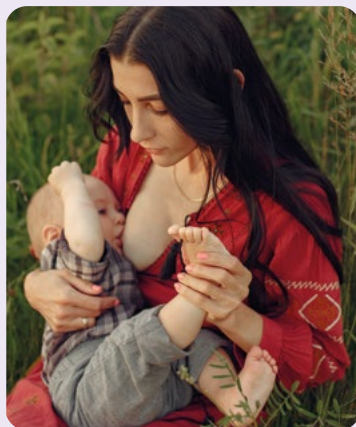
The Breastfeeding Network suggests tablets are tried before starting long-term options to rule out lowering milk production.

Long-term options:

- Injection
- Implant
- IUD/ coil.

Other choices from 6 weeks:

- Combined pill (previous guidance was from 6 months – BFN note concern due to effect on milk production).
- Vaginal ring
- Patch
- Diaphragm/cap.



Your milk production may be reduced with some hormonal options at any point. For more information please read the Breastfeeding Network's fact sheet: www.breastfeedingnetwork.org.uk/wp-content/dibm/2019-09/Contraception%20and%20Breastfeeding.pdf

If you notice lower milk production after using any contraception, contact your GP to discuss alternative contraception, and report this side effect by filling in a yellow card. More information can be found here: yellowcard.mhra.gov.uk

If you are formula feeding

Options immediately after birth (depending on your medical history):

- Condoms (the only option which protects against sexually transmitted infections).
- Progesterone Only Pill (POP).
- Implant
- Injection
- IUD/coil (needs to be within 48 hours after birth, or wait until four weeks after birth).

From three weeks after birth (and you have no risk factors for a blood clot) you may consider:

- Combined pill
- Vaginal ring
- Contraceptive patch.

From six weeks after birth you may also consider:

- Diaphragm or cap.

For information on the effectiveness of each option, and risks and side effects go to this website:

<https://www.nhs.uk/contraception/choosing-contraception/how-well-it-works-at-preventing-pregnancy/>



Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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