Sexual Health Services
Nottingham and Nottinghamshire

NHS
Sherwood Forest Hospitals
NHS Foundation Trust

Information for individuals who are pregnant

Planning your contraception after pregnancy

This leaflet aims to direct individuals who are pregnant to resources and services to support them in making a choice on their contraceptive method after delivery.

Your contraception choices after having a baby

You can become pregnant again very soon after birth before you have your first period. We advise starting contraception by day 21 after giving birth.

Breastfeeding can be reliable contraception in the first six months after birth but needs to meet strict criteria otherwise it does not work.

Planning contraception early gives you time to choose the option that works best for you and your family.

Contraception can often be started before leaving hospital.

Things to think about when choosing contraception

- Are you breastfeeding?
- Would you like more children in the future?
- Would you prefer a short-term or long-term method?
- How effective would you like the method to be?
- Would you prefer something you manage yourself or a method that lasts several years?

A healthcare professional can help you decide which option is right for you.

Where can I get information?

Trusted websites:

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

Your support and advice options

You can discuss contraception with:

- Your midwife
- Your obstetrician
- Your GP
- Your practice nurse
- Your local sexual health clinic
- Your pharmacist.

Or any health professional involved in your care.

Local sexual health services:

- **Sexual Health Services Nottingham and Nottinghamshire**
  Tel: 0300 131 7010
- **Leicester Sexual Health**
  Tel: 0300 124 0102

- **Derby Sexual Health Services**
- Tel: 0800 328 3383

Please speak to your maternity team or healthcare professional if you would like further advice about contraception after pregnancy.

Further sources of information

Copy the following link into your browser or scan the QR code with your mobile phone.

https://www.sexualhealthnn.co.uk

NHS Choices: www.nhs.uk/conditions
Trust website: www.sfh-tr.nhs.uk

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 for this leaflet (if relevant) please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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