Birth Control After Childbirth

You Can Get Pregnant Right After Childbirth!

Before you deliver, talk with your health care provider about.

✓ Your breastfeeding plans, and
✓ The primary birth control method that you want to use after you deliver.

Before you deliver – Have all birth control supplies on-hand. Have arrangements in-place to start your primary method.

Birth Control After Childbirth

Health care providers recommend not having sexual intercourse for 6 weeks after birth. This is your choice.

When you begin having sex after childbirth:

✓ Use condoms as soon as you begin having sex.
✓ Start your primary birth control method as instructed.
✓ Continue to use condoms until your primary birth control method gives you maximum protection.
✓ Use condoms if you stop using (or forget) your primary method.
✓ Condoms can help protect you against infection when you have sex.
✓ Anytime after 2 weeks postpartum: Take Emergency contraception such as Plan B™ One-Step if you have sex without protection or if your birth control fails (broken condom). Emergency contraception can prevent pregnancy.

Take Emergency contraception as soon as possible after unprotected sex.

Have Emergency contraception on hand as a backup birth control method.

Birth Control While Breastfeeding

You Have Birth Control Options while Breastfeeding that will not interfere with your breastfeeding plans.

✓ Follow the “Birth Control After Childbirth” recommendations.
✓ Choose a primary birth control method that meets your needs.

Before you deliver – Develop a contraceptive plan to with your health care provider to start after you deliver. Have all birth control supplies on-hand. Have arrangements in-place to start your primary method.

Different Types of Birth Control

The different birth control methods are started at different times. Some can be inserted immediately after the placenta is delivered. Others can be started before you leave the hospital. Your health provider will consider your individual needs and recommend a specific time to start your primary method.

“Non-hormonal” Birth Control Methods

✓ You can start using condoms and spermicidal foam or gels as soon as you begin having sexual intercourse.
✓ Other “non-hormonal” methods, such as diaphragms and IUDs, will require a separate visit to your health provider after delivery.

“Progestin Only” Birth Control Methods

These methods can be started immediately after childbirth.

✓ “Progestin only” methods include “progesterone only pills”, the Shot (Depo Provera), Nexplanon and Mirena. The shot, Nexplanon and Mirena could be started before you leave the hospital or at a later visit to your health care provider.

“The Pill” that contains estrogen and progesterone may be started 4 weeks after birth.

✓ Some health providers may recommend delaying the start of this method if you have certain health risks.
Birth Control After Childbirth

Contact {name of organization} for condoms and Emergency contraception and more information about all available birth control methods.

Telephone, address, directions, logo, and instructions.

Or call the Wisconsin Emergency Contraception Response Line at 866-EC-FIRST (866-323-4778).

Birth Control While Breastfeeding

Contact {name of organization} for condoms and Emergency contraception and more information about all available birth control methods.

Telephone, address, directions, logo, and instructions.

Or call the Wisconsin Emergency Contraception Response Line at 866-EC-FIRST (866-323-4778).