

CONTRACEPTION AFTER BABY

Family planning is an important part of you and your family's health. It is recommended that people avoid inter-pregnancy intervals shorter than 6 months, and that people who have had a Cesarean section wait at least 9 months before conceiving again. This handout will review some commonly-used postpartum contraception options. Please follow up with your SCBP provider at your discharge appointment, or with your family doctor or nurse practitioner following discharge.

1. LARCs (Long-Acting Reversible Contraception)

- The main types of LARCs readily-available in Canada are:
 - The intrauterine device (IUD)
 - Progestin/hormonal IUD (e.g., *Mirena*, *Kyleena*, *Jaydess*)
 - Non-hormonal/copper IUD (e.g., *Liberté*, *FlexiT*, *Monalisa*, *NovaT*)
 - The hormonal implant inserted into the skin of the upper arm (e.g., *Nexplanon*).
- LARCs are a great choice because they are extremely effective and do not require action on your part once they are in.
- LARCs are considered compatible with breastfeeding.
- The hormonal IUD typically lasts 3-5 years, the non-hormonal IUD typically lasts 3-10 years, and the implant typically lasts up to 3 years. If you want to have another baby prior to that, LARCs can be removed by your Primary care provider.
- Either the Nurse Practitioner (NP) at SCBP or your Primary Care Provider can arrange a LARC insertion for you.
- For more information, visit:
 - IUDs:
<https://www.optionsforsexualhealth.org/wp-content/uploads/2019/12/IUD-Fact-Sheet.pdf>
 - Implants:
<https://www.optionsforsexualhealth.org/wp-content/uploads/2021/01/Birth-Control-Implant.pdf>

2. Hormonal Oral Contraceptive Pills (OCPs)

- Remembering to take these pills every day is key to their effectiveness.
- For breast/chestfeeding people, we usually recommend the progesterone-only “mini-pill”, which does not contain estrogen. This is because estrogen can decrease the milk supply.
- For more information, visit:
 - Combined estrogen/progestin OCP:
<https://www.optionsforsexualhealth.org/wp-content/uploads/2019/06/2019-Combined-Hormonal-Birth-Control-Pills.pdf>

- Progestin-only OCP ('mini-pill'):
<https://www.optionsforsexualhealth.org/wp-content/uploads/2019/07/2019-Progestin-Only-Birth-Control-Pills.pdf>

3. External Condoms

- Condoms are widely-available and can protect against both pregnancy and sexually transmitted infections.
- Condoms have a higher failure rate than other methods.
- For more information, visit:
<https://www.optionsforsexualhealth.org/wp-content/uploads/2020/07/Internal-and-External-Condoms-20200309.pdf>

4. Non-reversible/Permanent Contraception Options

- Non-reversible contraception is an option if your family is complete and include vasectomy (for men) and tubal ligation (for women).
- For more information, visit:
<https://www.optionsforsexualhealth.org/wp-content/uploads/2020/10/2020-Permanent-Birth-Control.pdf>

5. Non-hormonal Contraception Options

- Non-hormonal options include the fertility awareness method (FAM) and the lactational amenorrhea method (LAM):
- For more information, visit:
 - LAM:
<https://www.optionsforsexualhealth.org/wp-content/uploads/2020/04/2020-LAM-Fact-Sheet.pdf>
 - FAM:
<https://www.optionsforsexualhealth.org/wp-content/uploads/2020/10/2020-FAM.pdf>

Additional contraceptive options are also available and can be discussed with your care provider.