

Talk to your partner about what he can do

Male Condom

How does it work?

- Creates a mechanical barrier

Is it right for me?

- If you are looking for the same protection of a female condom but want something more user-friendly and comfortable

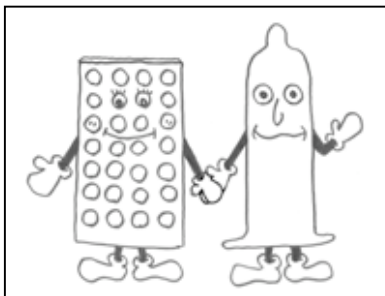
Vasectomy

How does it work?

- Surgical destruction of sperm passageway out of the scrotum

Is it right for me?

- If you don't want any more children
- If you are looking for a method that is safer, cheaper, and more effective than female sterilization by tubal ligation



This pamphlet offers important information for women who have recently given birth and are curious about their contraceptive options now.

The postpartum period is unique because the body must heal from delivery and adjust to a new balance of hormones.

It is important to discuss these options with your doctor to find the best one for you.

Eva Turek, CC3



Columbia P&S

Resources

1. Hatcher, et al. **A Pocket Guide to Managing Contraception**, Tiger, GA; Bridging the Gap Foundation, 2004
2. Samra, O. et al. "Contraception," www.eMedicine.com, Dec. 6, 2004.
3. Truitt et al, "Combined hormonal vs. nonhormonal vs. progestin-only contraception in lactation," *Cochrane Database of Sys Rev*; (2): CD003988, 2003.

Sloane Hospital for Women

Postpartum
Contraception

Everything you need
to know.

What are the options?

Breastfeeding



How does this work?

- Prolactin, the hormone responsible for milk production, prevents mom from ovulating.

Is it right for me?

- If you are planning to breastfeed exclusively, without supplements
- If you recently gave birth but have not yet started menstruating again
- If your baby is < 6 months old
- If you are not carrying a blood-borne infection or taking drugs that can pass from milk to baby

Female Condom

How does this work?

- Creates a mechanical barrier

Is it right for me?

- If you do not want your contraception to affect your menstrual cycle
- If you need an immediate method of contraception
- If you are looking to also prevent STDs

Oral Contraceptives

The Combination Pill

How does it work?

- With both estrogen and progestin, this pill prevents ovulation in 90-95% of cycles

Is it right for me?

- If you gave birth \geq 6 months ago
- If you are not breastfeeding (estrogen can decrease milk production)
- If you have no history of clotting disorders
- If you are a non-smoker

The MINI Pill

How does it work?

- This Progestin-Only Pill prevents pregnancy by altering the environment of the female reproductive tract; it prevents ovulation in 50% of cycles

Is it right for me?

- If you do not meet the criteria required to be able to take estrogen-based pills
- If you can take a pill at the same time every day to minimize breakthrough bleeding and to improve effectiveness

Tubal Ligation surgery

How does it work?

- Surgery on the Fallopian tubes to block passage of the egg from the ovary into the tube where it meets sperm and creates a pregnancy

Is it right for me?

- If you do not want any more children
- If you are willing to undergo surgery after vaginal delivery or prolong your Cesarean section

Doctor Administered Methods

Depo-Provera

How does it work?

- Same as MINI pill, but is injected into the arm or buttocks every 3 months beginning shortly after delivery

Is it right for me?

- If you are interested in longer lasting contraception
- If you can follow-up every 3 months
- If you can tolerate the initial irregular menses for the later benefit of no menses at all

Intra Uterine Device

How does it work?

- Inserted into the uterus after delivery
- Alters the environment of the female reproductive tract to prevent pregnancy by blocking sperm

Is it right for me?

- If you are interested in longer lasting contraception
- If you don't want to worry about contraception more than once



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