**Postpartum Contraception**

Options for Breastfeeding Patients

**Intrauterine Device (IUD):**

**Copper IUD (Paragard):**
A device placed within the uterus, can be left in place for up to 10 years. It does not contain any hormones, but may increase the volume of flow for your period.

**Progestrone IUD (Mirena):**
A device placed within the uterus, can be left in place for up to 5 years. It contains progesterone, which helps to make the lining of the uterus thin. You may initially have irregular bleeding, however over time it makes periods light (or no period at all). This is a popular option and especially helpful if you have a history of heavy periods.

Both IUDs are >99% effective at preventing pregnancy. They can be placed immediately postpartum after delivery if desired, with a slightly higher rate of expulsion (falling out), or at 6 weeks postpartum in the clinic.

**Progestin Only Methods:**

**Nexplanon:**
A small rod that gets placed under the skin on the inside of your arm. The birth control effects last for 3 years. It can be placed during your hospital stay after delivery or at your 6 week postpartum visit. Most common side effect is irregular, unpredictable (but light) bleeding. 99.9% effective at preventing pregnancy.

**Depo-Provera:**
An injection that is given every 3 months. You can receive it immediately postpartum in the hospital or at your 6 week postpartum visit. Approximately 95% effective at preventing pregnancy.

**Progestin Only Pill (known as “mini-pill”):**
Only effective if you are EXCLUSIVELY breastfeeding. The pill MUST be taken daily at the same time each day. It should be started 2-3 weeks after delivery or at the time you determine need for birth control. 90-95% effective at preventing pregnancy WHEN TAKEN CORRECTLY.

**Combined Estrogen-Progesterone Contraception:**
This includes pills, patch, or ring that contains both estrogen and progesterone. Combined estrogen-progesterone methods may suppress milk production in the early postpartum period. If you strongly desire to use this method, you should wait until at least 4-6 weeks postpartum and only use it if lactation is well-established. 90-95% effective at preventing pregnancy WHEN TAKEN CORRECTLY.

**Barrier Methods:**
This includes condoms, diaphragms (which need to be fitted properly), etc. This method can be used as soon as you resume sexual relations. 90% effective at preventing pregnancy WHEN USED EVERY TIME.

**All of the above are REVERSIBLE forms of contraception. If you are interested in options of PERMANENT contraception, please discuss with your medical provider**