

## PI-682 - Breastfeeding and Birth Control: You Have Choices!

It is best for your baby to be breastfed. It is also best for both you and your baby's health to wait a year between pregnancies. Birth control is personal. We want you to know about options. Wait to have sex until 6 weeks after you have the baby. This allows healing and keeps harmful germs out of your body. If your baby's first checkups are near your doctor's or midwife's office, try to get a birth control visit for yourself on the same day.

### What Birth Control is Right for You?

Most moms need more than just breastfeeding to prevent pregnancy. Most options of birth control potentially affect milk supply. Consult with your practitioner to see what method of birth control works best for you.

#### Breastfeeding

You are less likely to get pregnant in the first 6 months after you have your baby if you:

- Breastfeed only (**that means giving only breast milk and no formula**), and
- Breastfeed at least 8 times per day, and
- Did not get your period yet

#### Abstinence (not having sex)

If you do not have sex you will not get pregnant. Many couples find it hard not to have sex. You should have a plan for birth control in case you have sex.

#### Condoms

- The condom must go on the penis before the penis goes into the vagina.
- About 14 out of 100 women get pregnant. Most other methods of birth control are better for preventing pregnancy.
- Prevents sexually transmitted infections (STDs).
- You can use condoms along with other birth control.

#### Depo-Provera™ ("Depo" or "the shot")?

- You need to get the Depo shot every 12 weeks. If you cannot do this, use some other type of birth control.
- Lasts for 12 weeks. 3/100 women get pregnant.
- Can be given right after you have the baby
- Depo may lower your milk supply

### Nexplanon™?

- Nexplanon™ is a matchstick-sized soft plastic rod that has a hormone which is released over time. 1/200 women get pregnant.
- It is placed under the skin and lasts 3 years

### IUD (Intrauterine Device)

- A small T-shaped rod placed in the uterus and can be removed if you choose.
- Can last up to 10 years, depending on the type.
- 1/200 women get pregnant.

### Oral Contraceptives ("The Pill")

- A small pill taken by mouth once every day at the same time. *If you can't remember to do this, you should pick another type of birth control.*
- 8/100 women get pregnant.
- The pill has estrogen and progesterin hormones. It should not be started until 6 weeks after you have the baby. You may need some other kind of birth control until then.
- The combined pill may lower your milk supply. Another option, the "mini-pill" has only the hormone progesterin. It can be started on day 3 after you have the baby.

### What if I make less milk while using birth control)?

- **Talk to your lactation consultant, doctor, or midwife right away.** You may need to discuss strategies to increase your milk supply or you may need some other type of birth control.
- Do not stop using birth control before you talk to your doctor or midwife.

### You can make more milk if you breastfeed or pump more often

- Breastfeed or pump at least 8-10 times each day
- Breastfeed whenever the baby says "I'm hungry" by rooting, sucking hands or fussing.



**For help with birth control, call your doctor or midwife or:**

**University Hospitals Women's Health Center**

**216-844-3896**

**For help with breastfeeding, call:**

**University MacDonald Lactation Center**

**East: 440-995-3830**

**West: 440-250-2035**