

Birth Control After Baby: A Provider Guide

Providers have an important role to play in supporting patients on their PATH (Pregnancy/Parenting Attitudes, Timing, and How Important) to reproductive well-being post-baby. Routinely screening and providing patient-centered contraceptive counseling is common at prenatal care, upon admission for delivery, prior to discharge. Ask your patient questions like: **Do you think you might like to have more children at some point? If yes, when would that be? What is important to you about your birth control?** Patient responses and safety information can be used to support patients in determining which method meets their needs, including supporting birth spacing. Some methods can now be provided at the hospital after delivery, regardless of vaginal or c-section birth. Birth control hormones do not pose a risk to infants who are chest/breastfeeding. See NOTES below.

POSTPARTUM TIMING AND METHODS	Estrogen & Progestin* Pill, Patch, and Ring	Progestin pill** (aka "mini pill")	Progestin shot** (aka Depo)	Progestin arm implant**	Progestin IUD**	Copper IUD	Tubal Ligation (aka "tubes tied")	Vasectomy	Fertility Awareness Method +	Lactational Amenorrhea Method ++	Barrier Methods (internal, external condom)
<10 minutes post-placenta				✓	✓	✓	✓	✓			
10 minutes to 24 hours post-placenta			✓	✓	⚠	⚠	✓	✓			
24 hours to 3 days postpartum	⊘	✓	✓	✓	⚠	⚠	✓	✓		✓	✓
3 days to 3 weeks postpartum	⊘	✓	✓	✓	⚠	⚠	⚠	✓	⚠	✓	✓
3 to 4 weeks postpartum	⚠	✓	✓	✓	⚠	⚠	⚠	✓	⚠	✓	✓
4 to 6 weeks postpartum	⚠	✓	✓	✓	✓	✓	⚠	✓	⚠	✓	✓
>6 weeks postpartum	✓	✓	✓	✓	✓	✓	✓	✓	⚠	✓	✓



OK, no concerns



Some concerns but likely ok



Concerns, find another option



Not provided or not applicable

NOTES:

*Estrogen may reduce milk supply, wait until milk supply is well established and baby is feeding and growing without issue.

**Small theoretical risk of affecting duration of breastfeeding, particularly with Depo shot, though clinical data shows no adverse effects on breastfeeding outcomes.

+Safe at any time but works best when ovulation has resumed and menstrual cycle has returned to normal range (~28-35 days).

++Works best when baby is under 6 months of age and feeding every 2-3 hours. Introduction of formula/solid foods can reduce effectiveness of this method.


Patient history of blood clot, high blood pressure, family history of cancers/chronic conditions, age, and smoking needs to be considered, see [MEC](#) for guidance.

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Finding the birth control that's right for you after having your baby should be a discussion between you, your partner (if desired), and your clinical team. Learn about [different methods](#), understand the safety and efficacy at different times after birth, and how they may affect breast/chest milk. Birth control hormones are not harmful to milk quality, but estrogen may decrease milk production. This is why we recommend waiting until milk is well established (after 4-6 weeks postpartum). The dark-shaded methods below have estrogen.

Time Postpartum	Tubal ligation	Vasectomy	Implant	Copper IUD	Hormonal IUD	Depo shot	Condom	Lactational Amenorrhea	Progestin (mini) pill	Fertility awareness	Combined pill	Patch	Ring
WITHIN 10 MINUTES POST-PLACENTA	Safe	Safe	Safe	Safe	Safe								
WITHIN 24 HOURS POSTPARTUM	Safe	Safe	Safe	Can be considered	Can be considered	Can be considered							
1 TO 3 DAYS POSTPARTUM	Safe	Safe	Safe	Can be considered	Can be considered	Can be considered	Safe	Safe	Safe				
3 DAYS TO 3 WEEKS POSTPARTUM	Safe	Safe	Safe	Can be considered	Can be considered	Can be considered	Safe	Safe	Safe	Can be considered			
3 TO 4 WEEKS POSTPARTUM	Safe	Safe	Safe	Can be considered	Can be considered	Can be considered	Safe	Safe	Safe	Can be considered	Can be considered	Can be considered	Can be considered
4 TO 6 WEEKS POSTPARTUM	Safe	Safe	Safe	Can be considered	Can be considered	Can be considered	Safe	Safe	Safe	Can be considered	Can be considered	Can be considered	Can be considered
6 OR MORE WEEKS POSTPARTUM	Safe	Safe	Safe	Can be considered	Can be considered	Can be considered	Safe	Safe	Safe	Can be considered	Safe	Safe	Safe

 Safe and works well

 Can be considered, may not work as well