

Birth control after baby: A Patient Guide

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 methods with **estrogen** (see below in blue) may decrease milk production. And estrogen increases some medical risks in the first few weeks postpartum.

Time Period	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	Green	Green	Green	Green	Green								
WITHIN 24 HOURS POSTPARTUM	Green	Green	Green	Yellow	Yellow	Green							
1 TO 3 DAYS POSTPARTUM	Green	Green	Green	Yellow	Yellow	Green	Green	Green	Green				
3 DAYS TO 3 WEEKS POSTPARTUM	Green	Green	Green	Yellow	Yellow	Green	Green	Green	Green	Yellow			
3 TO 4 WEEKS POSTPARTUM	Green	Green	Green	Yellow	Yellow	Green	Green	Green	Green	Yellow	Yellow	Yellow	Yellow
4 TO 6 WEEKS POSTPARTUM	Green	Green	Green	Yellow	Yellow	Green	Green	Green	Green	Yellow	Yellow	Yellow	Yellow
6 OR MORE WEEKS POSTPARTUM	Green	Green	Green	Yellow	Yellow	Green	Green	Green	Green	Yellow	Green	Green	Green



No concerns and works well when used correctly



Small concerns and may not work as well in this time period