

Contraception after Baby

You will need to have reliable contraception to prevent an unplanned pregnancy after your baby is born. If you are breastfeeding or pumping breast milk you need to pick a form of contraception that does not have estrogen in order to prevent a reduction of your breast milk supply. Breastfeeding alone is not considered highly effective birth control (see notes below for more details). Please remember you can ovulate (and therefore get pregnant) before your period comes back and so you need to have a contraceptive plan in place prior to your period coming back if you do not wish to be pregnant.

Contraceptive Options safe in Breastfeeding/Pumping (in order of the most reliable choices for pregnancy prevention.)

1. Mirena or Kyleena IUD: progesterone containing IUD, inserted into the uterus at the doctors office, Mirena lasts for 8 years, Kyleena lasts for 3 years.
2. Nexplanon Implant: progesterone containing implant that the doctor puts under your skin in the upper arm in the office, lasts for 3 years.
3. Copper or Flexi T IUD: (no hormone) inserted into the uterus at the doctors office, duration depends on size of IUD.
4. Progesterone only Birth Control Pill: contains progesterone, example Movisse brand, plan to switch to a combined contraceptive pill once you are no longer breastfeeding for improved pregnancy prevention.
5. Condoms: (no hormone) you can use the Plan B Emergency Contraceptive Pill which is available without a prescription (ie. over the counter) if the condom breaks, falls off or isn't used. The Plan B pill contains estrogen therefore could temporarily impact milk supply.
6. Breastfeeding: This method of birth control has the highest failure rate of those listed. In order to be effective your baby needs to be less than 6 months of age, no use of formula supplementation, no long breaks between feeds (ie. not longer than 4 hours between feeds), and you must not have a return of your periods. Please note that you can still get pregnant before your period returns. If you are certain you do not want to get pregnant it is recommended that you use an alternative method of birth control.

Contraceptive options if you are not breastfeeding/pumping (in order of most Reliable pregnancy prevention)

1. Mirena or Kyleena IUD
2. Nexplanon Implant
3. Copper or Flexi T IUD
4. Combined (Estrogen and Progesterone) Oral Contraceptive Pill (this is more effective than the progesterone only birth control pill) or Contraceptive patch or Vaginal Ring
5. Condoms (with Plan B Emergency Contraceptive Pill if there is a condom failure).

For more detailed information about the above contraceptive options please visit the Society of Obstetricians and Gynecologists of Canada website sexandu.ca/contraception which lists the effectiveness, advantage and disadvantages of each contraceptive choice.

