

# CONTRACEPTION SAFE WITH BREASTFEEDING

% FAILURE  
(typical use)

MOST EFFECTIVE

Nexplanon Implant



- Works for **3 years**, or remove sooner if you want to get pregnant
- Placed on the back side of your arm under the skin after delivery or 6 weeks later
- Can sometimes cause spotting, but this usually goes away in 3-6 months

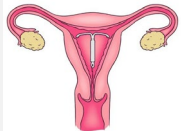
0.05%

Permanent Sterilization

- **This is permanent**, you cannot naturally bear children after these procedures
- Male sterilization, or vasectomy, is an outpatient procedure that can be organized through your partner's primary care provider. Be sure to sign up now as there could be a waitlist.
- Female sterilization, or tying your tubes, can be done at the time of c-section or laparoscopically 6 weeks after your delivery.

Female 0.5%  
Male 0.15%

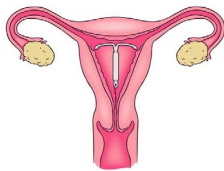
Progesterone IUD



- Works for **8 years**, or remove sooner if you want to get pregnant
- Placed inside the uterus right after your delivery (slightly higher risk of falling out) or 6 weeks after delivery
- Great for patients who have heavy periods

0.2%

Copper IUD



- Works for **10 years**, or remove sooner if you want to get pregnant
- Placed inside the uterus right after your delivery (slightly higher risk of falling out) or 6 weeks after delivery
- We do not carry this on labor and delivery, if you want immediate placement you will need to make arrangements with your provider
- Not great for patients who have heavy periods

0.8%

Depo Provera Injection

- Works for **3 months** at a time
- Can get first injection after your delivery
- Can be good for patients with heavy periods
- Can be associated with a small amount of weight gain

3%

Drospirenone (Slynd) Pill

- Must be taken at the same time every day (within 3 hours)

4%

LESS EFFECTIVE

Mini Pill

- Only for **solely (no formula) breastfeeding moms**
- Must be pumping or feeding every 4h in the day and up to every 6 h at night
- Must be taken at the same time every day (within 1 hour)
- Can only be used for 6 months and you need to switch methods if you start having periods

7%

Condoms

- **Higher failure rates**
- Must use every time

18%

Natural Family Planning

- **Must reliably track** either body temperature, cervical secretions, or ovulation
- Not good for patients with irregular cycles or who cannot reliably track
- Periods are often irregular after having a baby

24%

