

Would you like to become pregnant again within 3 years?



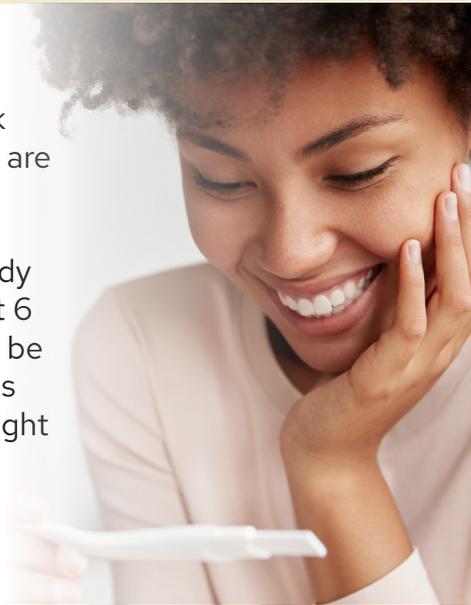
- Yes
- No
- Unsure
- OK either way

Sex and Birth Control After Childbirth

Avoid inserting anything into the vagina, including sex, for 4-6 weeks after the birth. You should think about your birth control options in advance so you are prepared once you resume sex.

Spacing Between Pregnancies

Spacing pregnancies is important. It gives your body time to heal and recover. It is safest to wait at least 6 months to become pregnant again, and there may be benefit to waiting up to 18 months. Waiting reduces your risk of a baby delivered early or with a low weight



Being unsure or OK either way is normal.

QUESTIONS TO ASK YOURSELF

About a future pregnancy:

- Do I want more children?
- When might that be?
- How would I feel if I were pregnant again?

How important to me is it to prevent pregnancy after this birth?

Your provider plans to discuss your family planning goals and questions today. Are you OK with this?

- Yes
- No

If no, would you like to discuss family planning at a future visit?

- Yes, at a future visit during pregnancy
- Yes, but not until I follow up at a visit after the birth (postpartum visit)
- No / does not apply to me

When you think about your birth control options, what is most important to you? If helpful, rank the points below

- Breast/chest feeding impact: whether it affects my ability to feed my baby
- Effectiveness: how well it prevents pregnancy
- Period changes: more or less frequent, lighter or heavier
- Side effects: can be "good" or "bad"
- Impact on my sex life
- Ease of use: how easy it is to get and use
- Control: I can start and stop it on my own
- Privacy: how easy it is to hide
- Past experience: methods I liked or didn't like
- Timing of starting a method: protection before resuming sex
- Cost and/or insurance coverage. Ask your provider about options.
- Aligns with my religious beliefs

Your answers to all these questions might change over time and that's OK!