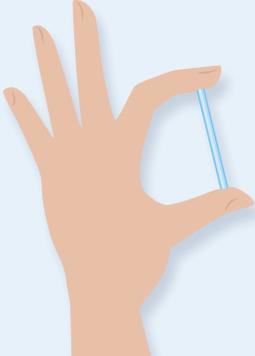
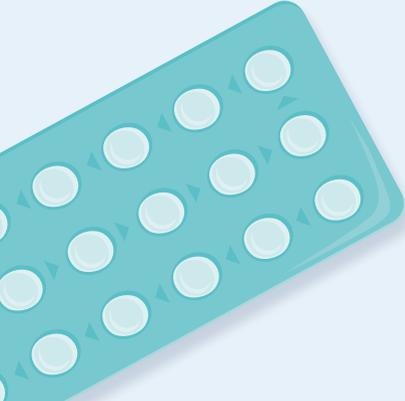
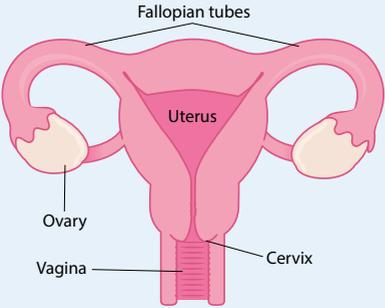


# Contraception available from Bradford Hospital Maternity Service after childbirth



This information has been provided to help you choose the method of contraception that is best for you. It is important to think about contraception if you do not want to become pregnant again very soon after the birth of your baby.

Contraceptive Type and efficiency	Contraceptive description	How long does it last	Offered after vaginal or caesarean birth	Protects against STIs
 <p>Both are <b>99%</b> effective</p>	<p><b>Intrauterine System</b> T-Shaped plastic Coil (IUS)</p> <p><b>Intrauterine Copper Device</b> T-Shaped plastic &amp; Copper Coil (IUCD)</p>	<p><b>IUS 3 to 5 years</b></p> <p><b>IUCD 5 to 10 years</b></p>	<p>The IUS or IUCD can be fitted during an elective (booked) caesarean section. This will be discussed with you at your Antenatal clinic appointment.</p> <p>Currently we cannot provide this form of contraception for either emergency caesarean section or a following a vaginal birth.</p>	<p><b>No</b></p>
 <p>Over <b>99%</b> effective</p>	<p><b>Contraceptive Subdermal Implant (SDI)</b></p> <p>The implant contains progesterone hormone and is fitted under the skin in your upper, inner arm.</p>	<p><b>3 years</b></p>	<p>The SDI can be fitted following either a vaginal or caesarean birth using a local anaesthetic before you go home.</p>	<p><b>No</b></p>
 <p>Typically Over <b>92%</b> effective</p>	<p><b>Progesterone Only Pill</b> (Also known as POP or Mini-Pill)</p> <p>The progesterone-only pill is taken every single day without any breaks. The POP contains a hormone (progesterone) which is very similar to the body's own hormones.</p>	<p>Remains effective if taken at roughly the same time every day (within a 3-12 hour window dependent on brand of pill).</p>	<p>Available to take home following a vaginal or caesarean section birth.</p> <p>Is effective immediately if started within 3 weeks of childbirth. If started after 3 weeks, an additional method of contraception (e.g. condoms) is required.</p>	<p><b>No</b></p>

Contraceptive Type and efficiency	Contraceptive description	How long does it last	Offered after vaginal or caesarean birth	Protects against STIs
 <p><b>Condoms</b> (Approximately 15 women out of 100 every year will become pregnant using this form of contraception)</p> <p>Typically Over <b>85%</b> effective</p>	<p>There are two different types of condoms, condoms which are worn on the penis, and condoms which are worn inside the vagina.</p> <p>Condoms are made from a very thin material and can be used for vaginal, oral or anal sex</p>	<p><b>Single use</b></p> <p>The size and fit of condoms on a penis is important so that they are comfortable and don't break or slip off.</p>	<p>We offer male condoms to all women at discharge following vaginal or caesarean birth.</p>	<p><b>YES</b></p> <p>Condoms are the only option that prevents pregnancy and STIs</p>
 <p><b>Female sterilisation</b> at caesarean section (Bilateral Tubal ligation)</p> <p>Over <b>99%</b> effective</p>	<p>This involves tying, cutting and removing a small piece of each fallopian tube. This means that the sperm and egg cannot meet and therefore fertilisation of the egg cannot occur.</p>	<p><b>Permanent</b> (additional barrier method of contraception needs to be used if resuming intercourse within 3 months of giving birth)</p>	<p>Available during an elective (booked) caesarean section and can be discussed at your Antenatal clinic appointment.</p> <p>If you wish to have this form of contraception following an emergency caesarean section or vaginal birth then please discuss this with your GP.</p>	<p><b>No</b></p>

### Accessible Information

If you need this information in another format or language, please ask a member of staff.

### Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.

## It is important to remember that:

- You can become pregnant again as early as 3 weeks after giving birth.
- If you become pregnant again within 12 months of giving birth vaginally, there is an increased risk of your baby being born early or having a low birth weight.
- If you have had a caesarean section and become pregnant again within 12 months, there is an increased risk of problems with the placenta or the previous scar re-opening during labour.

Many forms of contraception can be started immediately after childbirth, you will find the different forms of contraception available from Bradford Teaching Hospitals (BTH) in the table at the end of this leaflet. If you wish to start a different form of contraception not discussed here, please contact your own GP after the birth of your child or any local contraception and sexual health clinics (details available on the LOCALA website).

You can ask your midwife or doctor about contraception at any time during your pregnancy.

Information on all available forms of contraception can be found on the following websites.

- [www.contraceptionchoices.org](http://www.contraceptionchoices.org)
- [www.sexwise.fpa.org.uk](http://www.sexwise.fpa.org.uk)
- [www.locala.org.uk](http://www.locala.org.uk)
- <https://www.nhs.uk/conditions/contraception/>