



Contraception options after having a baby

Where can I get contraception from?

It is important to think about contraception from the start if you do not want to become pregnant again very soon after the birth of your baby.

Speak to your midwife, health visitor, GP or your local contraception clinic.

Your nearest clinic can be found at: <https://www.nhs.uk/service-search/Contraception-information-and-advice/LocationSearch/730#>

Options which can be used any time after birth

| Contraceptive Type | How effective is it % | How long it lasts | Protects against STIs |
|---|--|---------------------|-----------------------|
| Contraceptive Implant | More than 99% effective | Lasts 3 years | No |
| Contraceptive Injection | More than 99% effective when used correctly | Lasts 8 to 13 weeks | No |
| Male Condoms | More than 98% effective if used correctly | Single use | Yes |
| Female Condoms | 95% effective if used correctly | Single use | Yes |
| Progesterone Only Pill | More than 99% effective when taken correctly | | No |
| Natural Family Planning (Fertility Awareness) Keeping record of fertility signs | If used according to teaching and instructions, fertility awareness methods are up to 99% effective, depending on the method used | | No |
| Intrauterine Device (IUD) T-Shaped plastic & Copper Coil | More than 99% effective | Lasts 5 to 10 years | No |
| Intrauterine System (IUS) T-Shaped plastic Coil* | More than 99% effective | Lasts 3 to 5 years | No |

STIs = Sexually Transmitted Infections

* Can be inserted within 48 hours of the birth. If not inserted within 48 hours, you'll usually be advised to wait until four weeks after the birth.

| Three weeks after birth | | | |
|--|---|----------------------------|-----------------------|
| Contraceptive Type | How effective is it % | How long it lasts | Protects against STIs |
| Combined Pill - Contains Oestrogen & Progesterone Can start 3-6 weeks after birth depending on breastfeeding | More than 99% effective when taken correctly | | No |
| Contraceptive Patch Can use 3-6 weeks after birth dependant on breastfeeding | When used correctly more than 99% effective | Each patch lasts one month | No |
| Vaginal Ring A small soft, plastic ring that you place inside your vagina | More than 99% effective if used correctly | Lasts one month | No |

| From six weeks after birth | | | |
|----------------------------|--|-------------------|-----------------------|
| Contraceptive Type | How effective is it % | How long it lasts | Protects against STIs |
| Diaphragm or Cap | When used correctly with spermicide 92-96% reliable | Single use | No |

Other resources

www.fpa.org.uk www.sexwise.fpa.org.uk

<https://www.nhs.uk/conditions/pregnancy-and-baby/sex-contraception-after-birth/>

Contraception is supplied free of charge.

Some GP's are unable to fit implants and coils so you would need to access a local contraception clinic for this. Your GP will advise you and direct you appropriately.

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

Places other than your GP you can get contraception

Bradford Sexual Health (Locala)

Howard House,
2nd Floor
Bank Street,
Bradford,
BD1 1EE

Tel: 0303 330 9500

