

POSTPARTUM BIRTH CONTROL OPTIONS

For the **first 6 weeks** after a baby is born a non-hormonal method of birth control can be used such as:

- Condoms (external or internal)
- Diaphragm, cervical cap, sponge or spermicides
- IUD
- Withdrawal Method
- Fertility Awareness Method

After 6 weeks hormonal methods of birth control can be used. What types they can use will be different for those who are chest/breast feeding and those who are bottle feeding.

Those who are chest/breast feeding can use the following methods after 6 weeks:

- The mini pill
- The shot (Depo-Provera)
- IUS
- Emergency Contraception

Those who are bottle feeding can use the methods listed above after 6 weeks plus:

- The pill
- The patch (Ortho-Evra)
- The ring (NuvaRing)