

# Postpartum Birth Control: Planning for Post-Baby

## Why should be I thinking about postpartum birth control now?

At Michigan Medicine, we're committed to helping people meet their reproductive life goals. For many of our families, one of the most important decisions they make is how many children to have and when to have them. We encourage our pregnant patients to make a post-pregnancy birth control plan. Planning early gives folks plenty of time to consider options, ask questions, and make an informed decision.



## What are my postpartum birth control options?

Postpartum birth control is a personal decision. There is no such thing as one perfect method for all women, and some people may opt for no method. You should select the option that fits best with your preferences, lifestyle and reproductive goals. The section below shows which birth control options are most effective, how often you need to take them, and how long they last.

### Very Effective Methods:



Lead to less than 1 pregnancy per 100 women

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<b>Implant</b>	<b>Hormonal IUD</b>	<b>Copper IUD</b>	<b>Sterilization</b>
<i>Lasts up to 3 years</i>	<i>Lasts 3-5 years</i>	<i>Lasts 5-10 years</i>	<i>Permanent</i>

## Effective Methods:



Lead to 6-9 pregnancies per 100 women



**Pill**

*Take Daily*



**Patch**

*Replace Weekly*



**Vaginal Ring**

*Replace Monthly*



**Injection**

*Get Every 3 months*

## Less Effective Methods:



Lead to more than 18 pregnancies per 100 women



**Withdrawal**

*Use Every Time*



**Fertility Awareness**

*Track Daily*



**Spermicides**

*Use Every Time*



**Condom**

*Use Every Time*

**Questions?** Visit <https://postpartum.mybirthcontrol.org/> to learn more about your postpartum birth control options, and talk to your provider about what birth control plan works for you.

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