My Birth Control: A Tool to Consider Your Postpartum Options

After childbirth, most people want to wait a while before another pregnancy. Some people may want permanent birth control. Making a birth control plan while you are pregnant gives you plenty of time to consider your options, ask questions, and make an informed decision.

The My Birth Control website was designed to help women think about what birth control option, if any, fits best with her preferences, lifestyle, and reproductive life goals.

If you have a smart phone or tablet, scan the QR code or visit the URL below to visit the anonymous My Birth Control website and start exploring your options. The website provides a summary of your preferred methods and questions, so you can continue the conversation with your provider at your next visit!

- Scan the QR code:

- Or visit: https://postpartum.My Birth Control.org