

Your contraceptive choices post-birth

Fowler Centre for Sexual Health

Congratulations on the birth of your new baby! Your contraceptive choices post birth.

We know having sex may be the last thing you want to think about right now but that will change and we want to make it as easy as possible for you to arrange suitable contraception. Remember, once your baby is 21 days old you could fall pregnant again if you have unprotected sex. You are safe for the first 21 days post-delivery.

The main methods of contraception you can use are;
( – suitable for breastfeeding mothers)

- Mini pill / Progesterone only pill – quick and easy pill, must be taken every day 


OR

- Contraceptive Implant – tiny rod put into top of arm and can last for 3 years 

OR

- Depo Injection – injection into buttock every 12 weeks 

OR

- Coil (also known as IUD or IUS) – different types available, small T shaped device inserted into womb and can last for 5 years or more 


OR

- Combined Pill – quick and easy pill, take every day for 21 days followed by 7 day break

OR

- Contraceptive Patch – Like a 'plaster' that sticks onto skin. Use a new patch every week for 3 weeks followed by 7 day break

OR

- Condoms – but not always reliable 

All methods used are dependent on your medical history

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

How do I get one of these methods started?

Discuss with your GP – all GP's will be able to start you on pills however some GP's may not be able to arrange implant or coils and will refer you to our service if this is the case.

Call Embrace Sexual Health service on 01902 444444 to arrange an appointment to discuss contraception.

Complete your details on the tear off slip below and give this slip to the midwives before you go home. We will contact you within the next 21 days to arrange a consultation with you. Please note this call may come from an unknown or 'No Caller ID' number and we will make no more than 2 attempts.

Tear off perforation

Name:DOB:.....

Date you delivered baby:

Which contraceptive method are you interested in?

Contact Telephone number:

Best time of day to call (circle):

am (09:00 to 12:00) / pm (12:00 to 17:00) / eve (17:00 to 19:00) /

ANY TIME

☐ I consent to Embrace Sexual Health Service using the telephone number above to call or send SMS / Text to me to discuss my health needs.

We will not be able to contact you unless this box is ticked.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。