

# Immediate Postpartum Birth Control Implant

## **Why is birth control important to think about after having a baby?**

It is hard to know when you might be able to get pregnant again after giving birth—it might be before your next period begins. Using birth control can help you plan for your future family. Waiting at least **a year and a half** before you get pregnant again is good for your health and is safer for your next baby.

## **What is the birth control implant?**

The implant (**Nexplanon**<sup>®</sup>) is a very effective form of birth control that contains a small amount of a progestin (a hormone). The hormone is safe to use after birth, even if you are breastfeeding. The implant is made of a thin plastic tube about the size of a paper matchstick that is placed under the skin in your upper arm. Once the implant is placed, it works for 3 years and prevents pregnancy in over 99% of women who use it. The implant can be removed at any time.

## **What does immediate postpartum mean?**

For many women, this is a convenient, safe, and effective time to start birth control. Immediate postpartum means that the birth control implant is placed after the birth, but before you go home from the hospital. Typically, the implant is placed 1 to 4 days after a vaginal or cesarean birth.

## **How does placement of the birth control implant soon after birth compare to having it done in the clinic?**

The placement is the same regardless of timing. Your health care provider will place some numbing medication in your upper arm and insert the implant under your skin. Placement of the implant immediately after birth can be more convenient for women compared to waiting to have it done in clinic. Placement of an implant immediately after birth has *not* been shown to cause more bleeding than normal after delivery.

## **How do I know if I can get an immediate postpartum birth control implant?**

If you are interested in getting an immediate postpartum implant, talk to your health care provider. Your provider will review your medical history to make sure that the implant is safe for you to use. If a birth control implant cannot be placed

immediately after birth, talk to your provider about other birth control options or about planning to get the implant placed in clinic.

### **Postpartum Care**

After the implant is placed, you will receive normal postpartum care. You should follow-up with your health care provider for your regular postpartum clinic visit. You will be given additional information on how to care for your new implant.

### **The Birth Control Implant & Breastfeeding**

Placement of a birth control implant immediately after birth has *not* been shown to cause problems with breastfeeding in healthy mothers and babies. However, you may have some risk factors for trouble with breastfeeding, and use of the implant immediately after birth has not been studied in all of these situations. Each woman should talk to her healthcare providers about the best decision for her own situation. If you have any worries or difficulty with breastfeeding, we are here to support you.

### **Contact Information**

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