

Immediate Postpartum IUD

What is an Immediate Postpartum IUD?

It is an intrauterine device (IUD) that is placed by a doctor or midwife within minutes of the delivery of the placenta, after a vaginal or cesarean birth. Either type of IUD (one with a hormone, or one with no hormones) may be used.

Is it safe to use right after giving birth?

According to research reviewed by the Centers for Disease Control (CDC), most women can use either type of IUD safely, and having it placed right after birth does not increase any risks. However, some women should NOT receive an IUD right after birth, including women who have:

1. A current, untreated, sexually transmitted infection
2. A uterus that is known to have an abnormal shape
3. Fever or infection during childbirth
4. Heavy bleeding after delivery

What about breastfeeding?

We know that falling hormone levels after birth help stimulate the mother's body to make milk. So, there is a theoretical risk that placing the type of IUD that contains hormone right after birth might affect the mother's milk supply. However, the studies that we have to date do not show this to be the case for healthy moms and babies. Each woman should talk to her healthcare providers about the best decision for her situation.

How does Immediate Postpartum IUD compare to other forms of postpartum birth control?

A benefit of getting an IUD immediately after the birth is that it starts working right away. Also, the new mother does not need to remember to do anything else to prevent pregnancy while it is in place, until she is ready to have it taken out. (Depending on type, IUDs can last 5-12 years.) IUDs are one of the most effective forms of birth control; less than 1 woman in 100 will get pregnant in the first year with one in place.

How does Immediate Postpartum IUD compare to an IUD placed in the clinic?

The rate of the IUD coming out of the uterus on its own averages between 10-20% when it is placed right after birth. This rate is higher than for an IUD placed 6 to 8 weeks after delivery.

Postpartum Care

After the IUD is placed, postpartum care is the same as if you did not have an IUD. If the IUD comes out on its own, remember that you would now need to use another form of birth control or have it replaced, if you still want to prevent pregnancy. Talk to your healthcare provider to decide when you should schedule your first postpartum follow-up visit.

Who do I call if I have questions or problems?

Contact: _____

