

# Would you like to become pregnant again within 3 years?



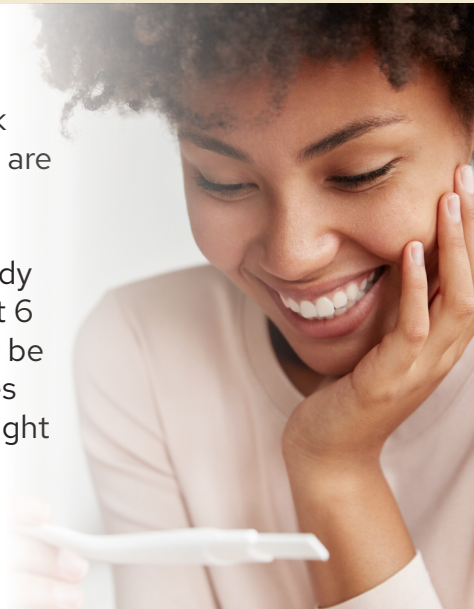
- Yes
- No
- Unsure
- OK either way

## Sex and Birth Control After Childbirth

Avoid inserting anything into the vagina, including sex, for 4-6 weeks after the birth. You should think about your birth control options in advance so you are prepared once you resume sex.

## Spacing Between Pregnancies

Spacing pregnancies is important. It gives your body time to heal and recover. It is safest to wait at least 6 months to become pregnant again, and there may be benefit to waiting up to 18 months. Waiting reduces your risk of a baby delivered early or with a low weight



**Being unsure or OK either way is normal.**

## QUESTIONS TO ASK YOURSELF

### About a future pregnancy:

- Do I want more children?
- When might that be?
- How would I feel if I were pregnant again?

### How important to me is it to prevent pregnancy after this birth?

### Would you like to discuss birth control with your provider today?

- Yes
- No

### If no, would you like to discuss birth control at a future visit?

- Yes, at a future visit during pregnancy
- Yes, but not until I follow up at a visit after the birth (postpartum visit)
- No / does not apply to me

### When you think about your birth control options, what is most important to you? If helpful, rank the points below

- Breast/chest feeding impact: whether it affects my ability to feed my baby
- Effectiveness: how well it prevents pregnancy
- Period changes: more or less frequent, lighter or heavier
- Side effects: can be "good" or "bad"
- Impact on my sex life
- Ease of use: how easy it is to get and use
- Control: I can start and stop it on my own
- Privacy: how easy it is to hide
- Past experience: methods I liked or didn't like
- Timing of starting a method: protection before resuming sex
- Cost and/or insurance coverage. Ask your provider about options.
- Aligns with my religious beliefs

**Your answers to all these questions might change over time and that's OK!**