



Family Planning

Before baby is born is the time to decide what family planning method (birth control) you will use after your baby is born.

- Doctors say it is best for your health to wait at least 2 years between babies.
- Most women do not want to get pregnant right after their baby is born.
- Your body needs time to rest.
- You may become pregnant again right after your baby is born, even if you are breastfeeding.

Find out before you deliver what family planning choices are right for you.

Abstinence:	Deciding not to have sex.
Depo Shots:	A shot given to you every three months.
Pills:	A pill you take about the same time every day.
Patch:	A sticky bandage placed on your skin and changed every month.
Vaginal Ring:	Monthly birth control worn inside the vagina.
Condom:	Latex Sheath (rubber) worn by the man each time you have sex.
IUD:	Small plastic object placed in the womb by a doctor.
Diaphragm:	Device placed over your cervix before you have sex.
Foams or Creams:	Substance placed in your vagina each time before you have sex.
Implant:	Flexible plastic rod placed under the skin to be effective for 3 years.
Sterilization:	An operation (tubes tied) that will keep you from getting pregnant ever again.

After your baby.

It is important that you make and keep your postpartum appointment after your baby is born. BUT, if before your appointment you have any of the warning signs listed below call your Doctor or Midwife:

- Pain in your upper or lower legs, especially if they are red and swollen.
- Headaches, if they are really bad or happen often.
- Fever over 101 degrees.
- Burning when you urinate (pee).
- Increased bleeding.
- Discharge with a very bad odor.
- Breasts that are very sore, swollen, hard, or have red streaks on them.
- You become sad, start to cry a lot or feel like hurting yourself or your baby.

**If you have a medical problem, call the doctor or midwife who delivered your baby.
If you have a problem and need to talk to someone, call your Care Coordinator.**