

Aeroflow Breastpumps

Spacing Babies and Contraception

Choosing contraception is important for you to allow for desired birth spacing, assure you can meet your lactation goals, and be satisfactory for you and your partner. There are many different types of contraception, and the table below provides you with background information, so you can make the best choice for you and your breastfeeding goals.^{1,2}

Contraception Method During Breastfeeding

Method	Advantages	Disadvantages	Breastfeeding/Milk Effects
Lactational Amenorrhea Method (LAM) Natural Family Planning	<ul style="list-style-type: none"> • No side effects • Effectiveness rates comparable with other methods of birth control • Low cost for most methods 	<ul style="list-style-type: none"> • Requires special instruction for use during lactation. • May require long periods of abstinence 	<ul style="list-style-type: none"> • None
Barrier Methods <ul style="list-style-type: none"> • Diaphragm • Cervical Cap • Spermicide • Condoms 	<ul style="list-style-type: none"> • Few side effects/low cost • Effective with careful and appropriate use • Provides protection from sexually transmitted infections 	<ul style="list-style-type: none"> • Potential for user error • Allergic reactions possible • Cervical cap and diaphragm require fitting 	<ul style="list-style-type: none"> • None
IUD (Intrauterine	<ul style="list-style-type: none"> • Highly effective 	<ul style="list-style-type: none"> • Small risk of infection 	<ul style="list-style-type: none"> • Copper IUD: no known

<p>Devices)</p> <ul style="list-style-type: none"> • Copper IUD • Levonorgestrel (LNG) IUD (e.g., Mirena) 	<ul style="list-style-type: none"> • Reversible • Long-term contraceptive 	<ul style="list-style-type: none"> • Requires healthcare provider insertion and removal • Copper IUD contraindicated with Wilson's disease and copper allergy • Short-term use is costly; long-term use is cost-effective 	<p>impact on breastfeeding</p> <ul style="list-style-type: none"> • Levonorgestrel IUD placed immediately postpartum may be associated with decreased milk supply. No adverse effect on breastfeeding reported when placed 6 weeks postpartum or later
<p>Sterilization</p> <ul style="list-style-type: none"> • Male: vasectomy • Female: postpartum, laparoscopic; hysteroscopic 	<ul style="list-style-type: none"> • Highly effective • Male vasectomy and female hysteroscopic may be performed on an outpatient basis 	<ul style="list-style-type: none"> • Permanent • Surgical procedure risks & cost related to surgery • Risk of ectopic pregnancy with female procedures 	<ul style="list-style-type: none"> • For females, postpartum procedure may separate mom and baby and may require use of narcotics

<p>Progestin-Only Hormonal Options</p> <ul style="list-style-type: none"> • Injectable (e.g., Depo Provera) every 3 months • Oral daily pills (e.g., “mini pill”) • Progesterone-releasing LNG IUD • Progestin vaginal rings • Implants: etonogestrel (e.g., Nexplanon) 	<ul style="list-style-type: none"> • Long-term options highly reliable 	<ul style="list-style-type: none"> • Common side effect of irregular bleeding may occur less in lactating parents • Potential for user failure with daily pills • Other progesterone side effects: headache, acne, weight gain, bloating, depressed mood. <i>If you experience any of these side effects, especially depressed mood, it is important to talk with a healthcare provider.</i> • Depo Provera may have delayed return to fertility • Implant and IUDs require provider insertion and removal 	<ul style="list-style-type: none"> • Potential to negatively impact milk supply when started prior to establishing a milk supply; if there is a negative effect on milk supply, it is often permanent. • If milk supply decreased with Depo Provera, it cannot be discontinued or removed. • LNG IUD placed immediately postpartum may be associated with shorter duration of lactation. No adverse effect on lactation when placed 6 weeks postpartum or later
<p>Estrogen-Containing Combined Hormonal</p>	<ul style="list-style-type: none"> • Options can be self-administered 	<ul style="list-style-type: none"> • Potential for user to forget to take or not 	<ul style="list-style-type: none"> • Ideally avoid until milk supply is well

<p>Options</p> <ul style="list-style-type: none"> • Combination oral contraceptive pills (The Pill), daily • Estrogen-containing vaginal ring (e.g., Nuvaring), monthly • Estrogen-containing transdermal patch (e.g., Ortho-Evra), weekly 	<ul style="list-style-type: none"> • Regular menstrual cycles 	<p>take at the right time</p> <ul style="list-style-type: none"> • Increased risk of blood clots • Potential for drug interactions • Multiple medical contraindications 	<p>established</p> <ul style="list-style-type: none"> • Potential for adverse effect on milk supply. Risk is greater with higher estrogen levels • If used by a lactating parent, begin lowest possible dose as late as possible with well-established milk supply
<p>Emergency Contraception</p> <ul style="list-style-type: none"> • Combined estrogen/progestin pills (e.g., Preven, Yuzpe method) • Progestin-only pills-LNG (e.g., Plan B) • Mifepristone • Ulipristal 	<ul style="list-style-type: none"> • Most effective within 72 hours after sexual intercourse • LNG options appear to have superior efficacy to combination oral contraception with fewer side effects • Mifepristone similar or superior to LNG in efficacy 	<ul style="list-style-type: none"> • Estrogen-containing options may cause nausea/vomiting • Limited data available for Ulipristal and Mifepristone in lactation 	<ul style="list-style-type: none"> • LNG preferred over estrogen-containing options in lactating parents due to concerns related to estrogen and milk supply.

What If I Have Questions?

If you are interested in learning more, these Aeroflow classes expand on some of the topics discussed above:

- Birth & Breastfeeding

To register for these classes, log into your portal or click [here](#).

Want More Info?

For a directory of Aeroflow's other Care Guides offering information on pregnancy, baby care, and more, browse our comprehensive list of titles:

<https://www.hersourcehealth.com/aeroflow-care-guides/>

References

1. <https://pubmed.ncbi.nlm.nih.gov/17661561/>
2. https://www.cdc.gov/reproductive-health/contraception/?CDC_AAref_Val=https://www.cdc.gov/reproductivehealth/contraception/index.htm