Birth Control Options while Breastfeeding

Nan Morgan
Director of Education
Planned Parenthood of Southwest and Central Florida, Inc.

*Disclaimer-I have no actual or potential declarations to make in relation to this program.
Types of Methods

**Hormonal Methods**
- Birth Control Pills
- The Patch
- The Ring
- The Shot
- The IUD
- The Implant
- Emergency Contraception

**Non Hormonal Methods**
- The Sponge
- The Diaphragm
- The Condom
- The Copper IUD
Types of Methods

Chemical Methods
- Spermicides: film, foam, jellies, creams, vaginal suppositories

Permanent Methods
- Tubal Sterilization
- Vasectomy
Types of Methods

Behavioral Methods

- Fertility Awareness-based Methods (FAM’s)
- Lactational Amenorrhea Method (LAM)
- Abstinence
Hormonal Methods

Hormonal methods use synthetic hormones similar to the estrogen and progesterone made by a woman’s ovaries to:

1. Prevent the ovaries from releasing an egg.
2. Thicken cervical mucus to prevent sperm from joining egg.
Estrogen-containing contraceptives

- They have been linked to low milk supply and shorter duration of breastfeeding. (even when milk supply is well established)
- Mothers who have low milk production and are breastfeeding an older child should also be cautious.
- There have been no reports of safety issues for baby (except if baby is less than 6 weeks old—there may be liver concern)
## Combination Methods
*(contain estrogen and progestin)*

<table>
<thead>
<tr>
<th>Advantages</th>
<th>Disadvantages</th>
</tr>
</thead>
<tbody>
<tr>
<td>- More regular, and shorter periods</td>
<td>- Risk of blood clots, heart attack, and stroke – especially for smokers</td>
</tr>
<tr>
<td>- Less menstrual flow, cramping, and acne</td>
<td>- May cause temporary irregular bleeding, weight gain or loss, and/or breast tenderness</td>
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<tr>
<td>- Reduces risk of ovarian and endometrial cancers</td>
<td>- Do not prevent transmission of STD’s</td>
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</tbody>
</table>

- Prescription needed
Birth Control Pills

**EFFECTIVENESS**

92% vs. 99% (typical vs. perfect use)

- Various types of pills

**USE:**

- **Must** be taken daily at the same time
Combined Oral Contraceptives

**COMMON SIDE EFFECTS**: 
- Breast tenderness
- Break-through-bleeding
- Nausea: decreased if taken w/ food or at bed time
- Mood swings

*Usually subside within 3 months, otherwise, return for evaluation*
The Patch

- **Effectiveness**
  - 92% vs. 99% (typical vs. perfect use)

- Is discreet
The Patch

**USE:**

- One patch each week for 3 weeks
- 4th week is a patch-free week
- Apply to buttocks, abdomen, upper back or upper outer arm
- Never apply to breast
- Rotate application site
- Cannot use continuously
The Patch

- **COMMON SIDE EFFECTS**: 
  - Breast tenderness
  - Break-through-bleeding
  - Skin irritation: prevented by rotation of site
  - Mood swings

*Usually subside within 3 months, otherwise, return for evaluation*
The Ring

**Effectiveness**

92% vs. 99% (typical vs. perfect use)

- Emits a very low dose of hormones

**Use:**

- Must be worn vaginally for three weeks straight
The Ring

**COMMON SIDE EFFECTS**: 
- Breast tenderness
- Break-through-bleeding
- Increased vaginal discharge
- Mood swings

*Usually subside within 3 months, otherwise, return for evaluation. Side effects less common due to low hormone levels.
Progestin-only contraceptives

- The Progestin-only methods are the preferred hormonal birth control for individuals who are breastfeeding.

- Progestin-only methods generally do not decrease milk supply if started after 6-8 weeks postpartum.
Progestin Only Pills (POPs)

**EFFECTIVENESS:**

92% vs. 99% (typical vs. perfect use)

**USE:**

- One pill daily at *same time*
- No placebos in POP pack
- BUBC required x 2 days if taken $\geq 3$ hours late
Progestin Only Pills (POPs)

- **COMMON SIDE EFFECTS:**
  - Nausea
  - Sore breasts
  - Headaches
  - Irregular bleeding

**Benefits if Breastfeeding**
- It can be stopped quickly if women experience a decrease in supply.
- Can also be used to see how their body reacts before starting a longer-term progestin method.
The Shot

- **EFFECTIVENESS**
  94% vs. 99% (typical vs. perfect use)

- Hormones stay in body for three months

- Must receive shot three months
The Shot

**COMMON SIDE EFFECTS***:

- Breast tenderness
- Nausea
- Irregular bleeding
- Hair loss/growth
- Possible bone thinning**

* A trial of a POP is recommended if decrease in milk supply is a concern

* Usually subside within 3 months

*** Recommend Calcium & Vitamin D supplements
The Hormonal IUD

- **Effectiveness**
  - Over 99%

- Is worn in the uterus, not in the vagina

- Can be worn up to 3 or 5 years continuously or removed sooner
The Copper IUD

- **EFFECTIVENESS**
  - Over 99%
  - No hormones
  - May cause increased bleeding or cramping
  - Can be worn up to 12 years continuously or removed sooner
IUD

- **COMMON SIDE EFFECTS**: 
  - Mild to moderate pain when the IUD is put in
  - Cramping or backache for a few days
  - Liletta (3 yr) & Mirena (5yr): irregular periods or spotting between periods in the first 3-6 months
  - Paragard (12 yr): may have heavier periods & stronger menstrual cramps

- **Benefits if Breastfeeding**
  - Delivers hormone directly to lining of uterus
  - Small increase in progestin levels in blood stream (lower than the amount in pop)
  - Less chance of side effects
Nexplanon

- **EFFECTIVENESS:**
  91-99% (typical vs. perfect use)

- Inserted beneath the skin of the upper arm

- Can be worn up to three years continuously
The Implant

- **COMMON SIDE EFFECTS**: 
  - Soreness, bruising or swelling at site of insertion
  - Breast tenderness
  - Nausea
  - Unpredictable bleeding
  - Increased appetite
  - Headache
Emergency Contraception

- **EFFECTIVENESS**
  - up to 89% when taken within 3 days (may not be effective for women with a BMI over 25)
  - Won’t cause an abortion
  - Works best when taken within 72 hours
Plan B

**COMMON SIDE EFFECTS**: 

- Nausea & Vomiting
- Dizziness, headaches breast tenderness
- Irregular bleeding x 1-2 cycles
- Menstrual Cramping
Additional Information

- Take EVERY TIME you have UPIC
- Take as soon as possible, works better the sooner you take it
- Works similar to BCPs but on an as-needed basis
- Not an abortion pill, it will not stop or harm a pregnancy, only prevents pregnancy
- Take a pregnancy test in 2-3 weeks if no period
- Recommended to start a new BCM
- OK to take if breastfeeding (Plan B, Paragard only – not OK with Ella)
- If vomiting occurs within 2 hours after taking EC, dose should be repeated ASAP
<table>
<thead>
<tr>
<th>Effectiveness</th>
<th>Best</th>
<th>Very good</th>
<th>Good</th>
</tr>
</thead>
<tbody>
<tr>
<td>When to Use</td>
<td>Up to 5 days after unprotected sex.</td>
<td>Up to 5 days after unprotected sex.</td>
<td>Up to 3 days after unprotected sex. Less effective on days 4 and 5, but you can still use it.</td>
</tr>
<tr>
<td>Who Can Use</td>
<td>All women.</td>
<td>All women (unless breastfeeding). Less effective for women with a BMI over 35.</td>
<td>All women. Less effective for women with a BMI over 25. May not work for women with a BMI over 30.</td>
</tr>
<tr>
<td>How to Get</td>
<td>Inserted by a doctor or nurse at a health center.</td>
<td>By prescription from a doctor or nurse.</td>
<td>Plan B One Step: Anyone can get it over the counter (OTC) from a drugstore or health center. All other brands: 17 or older can get it OTC, 16 and younger need a prescription.</td>
</tr>
<tr>
<td>Extra Information</td>
<td>Provides very effective ongoing birth control for up to 12 years.</td>
<td>After using, use back up birth control (like a condom) for 14 days.</td>
<td>Do not use if you’ve already used ella since your last period.</td>
</tr>
</tbody>
</table>
Chemical Methods

**Advantages**
- No prescription needed
- Easy to buy
- Inexpensive
- Used only when needed
- No artificial hormones in body

**Disadvantages**
- Can be messy
- Can irritate sex organs
- No STD protection
- Do not allow spontaneity
- Needs hours to kill sperm after intercourse
The Sponge

- **EFFECTIVENESS:** 76-91% (typical vs. perfect)

- Contains enough spermicide for repeated acts of intercourse during a 24-hour period, but must remain in place for 6 hours after last act (30 hour maximum)

- Easy insertion and removal
The Diaphragm

- **Effectiveness**
  81-94% (typical vs. perfect use)

- Must be left in place 6-8 hours after sex and is used only when needed

- Sits around cervix
Chemical Methods are synthetic spermicides, like nonoxynol-9, that are formulated to kill sperm.

Many male condoms are sold with spermicide on them.

For best protection, chemical methods should be used with condoms.
Film, Foam, and Jelly

- **Effectiveness**: 71-85% (typical vs. perfect use)
- Wide variety
- Most are vaginally inserted and need time to melt or dissolve before intercourse
Barrier Methods are physical barriers that prevent pregnancy and/or the transmission of STD’s by:

1. Preventing the sperm from reaching the egg.
2. Preventing the transmission of bodily fluids.
Barrier Methods

Advantages
- Easy to buy
- Inexpensive
- Allow spontaneity
- No artificial hormones in body
- STD prevention with condoms
- No prescription needed for condoms

Disadvantages
- Some loss of sensation with condoms
- Can be messy
- Spermicides can irritate
- Breakage or misuse
The Male Condom

- Up to 98% effective
- Helps prevent against the transmission of STD’s
- Easy to use and easy to access
The Female Condom

- Up to 95% effective
- Can be inserted up to 6 hours before intercourse
- Non-latex: made from polyurethane
Condom Information

1. A new condom should be used before each sex act.
2. When the penis is hard, place the condom on the head of it and unroll the condom so that it covers the entire penis.
3. Add extra water-based or silicone-based lubricant before entry. Do not use oil-based lubricants.
4. After coming, hold the base of the condom to avoid spilling semen. Take off the condom, tie in not, and throw in trash not toilet.
5. Avoid further sexual contact with partner until both of you wash sex organs and other areas that came in contact with body fluids.
Additional Information

1. Condoms are one of the most effective ways we have to protect from sexually transmitted diseases and unintended pregnancies.

2. Anyone who is sexually active may be at risk for an STD.

3. Many people who are infected have no apparent symptoms and appear to be in good health. Take responsibility for your well being- protect yourself and your partner.
Permanent Methods of birth control are surgical procedures that prevent pregnancy by:

1. In women: cauterizing, tying and cutting, or banding the fallopian tubes so eggs can not escape.
2. In men: cutting the vas deferens so no sperm can travel outside of the body.
Permanent Methods

Advantages

- Permanent protection against pregnancy
- No effect on sexual pleasure
- No lasting side effects
- Protects women whose health would be seriously threatened by pregnancy

Disadvantages

- Not usually reversible
- Pregnancies that rarely occur are more likely to be ectopic
- Can be expensive
- Do not prevent against transmission of STD’s
- Small risk of infection or blood clot
Tubal Sterilization

- Up to 99.9% effective
- Can be done while in hospital for child birth or whenever desired
- Fairly safe and simple procedure
Vasectomy

- Up to 99.9% effective
- A simple procedure that can be done in the doctor’s office and has a short recovery time
- Fairly inexpensive
Behavioral Methods

Behavioral Methods are conscious behavioral actions that prevent pregnancy by:

1. Knowing the body and its functions.
2. Abstaining from all forms of sexual interaction.
Behavioral Methods

Advantages
- No medical or hormonal side effects
- Can be used when no other methods are available
- Costs nothing

Disadvantages
- Ineffectiveness due to user error
- Requires great self-control, experience, and trust
- Only abstinence protects against the transmission of STD’s
Fertility Awareness Methods

**EFFECTIVENESS**

76% to 80% (typical vs. perfect use)

- Includes daily checking and recording of: basal body temperature, cervical mucus, and menstrual cycles.
Lactational Amenorrhea Method

- Can be up to 98% effective for up to 6 months only if: a woman has not had a period since the delivery, suckles at least six times a day on both breasts, and wakes baby for nighttime feedings.
Abstinence

- Up to 100% effective
- The only way to prevent pregnancy and STD’s
- Supports personal, moral, or religious beliefs and values
TIME FOR QUESTIONS