

Birth Control Options while Breastfeeding

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*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

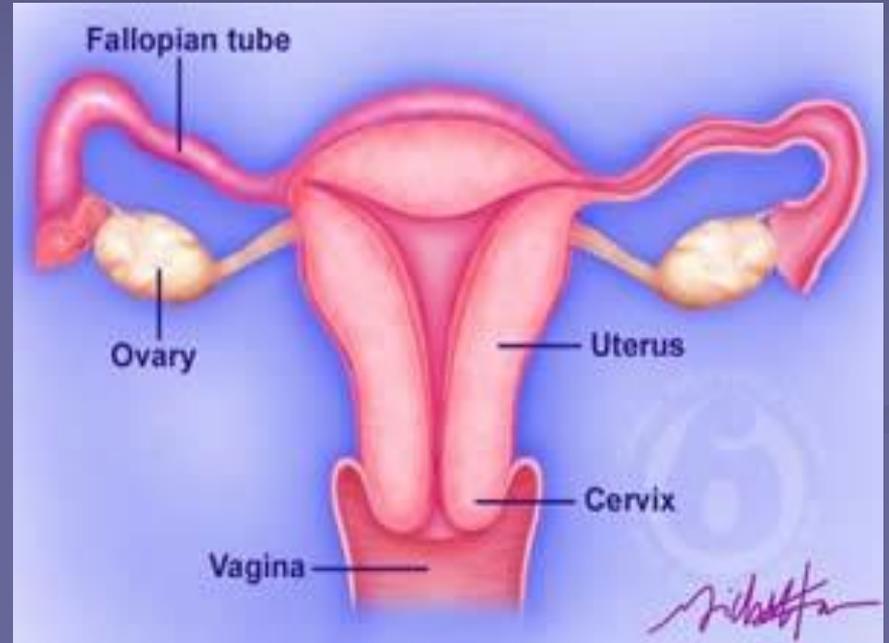
Behavioral Methods

- 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)

Advantages

- More regular, and shorter periods
- Less menstrual flow, cramping, and acne
- Reduces risk of ovarian and endometrial cancers

Disadvantages

- Risk of blood clots, heart attack, and stroke – especially for smokers
- May cause temporary irregular bleeding, weight gain or loss, and/or breast tenderness
- Do not prevent transmission of STD's
- Prescription needed

Birth Control Pills

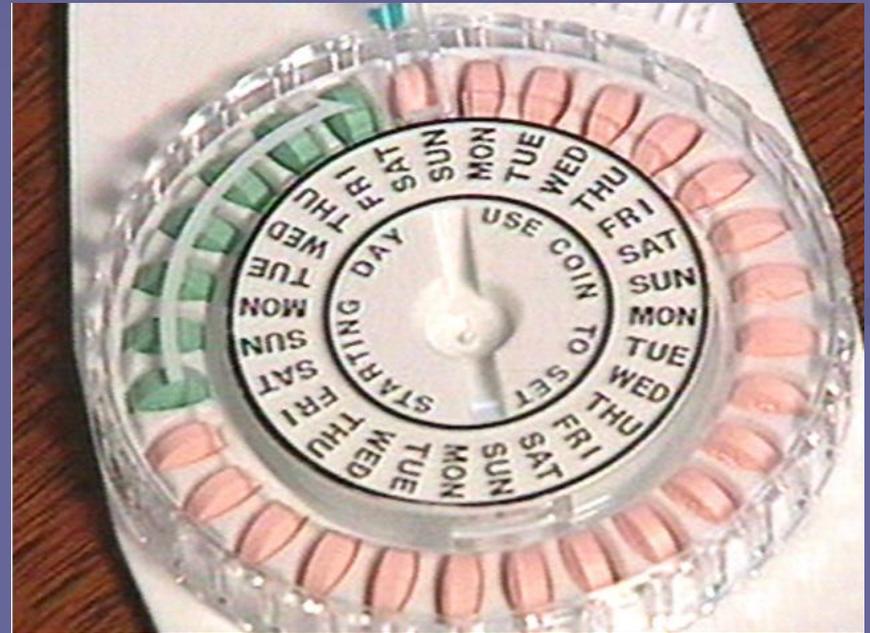
■ EFFECTIVENESS

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

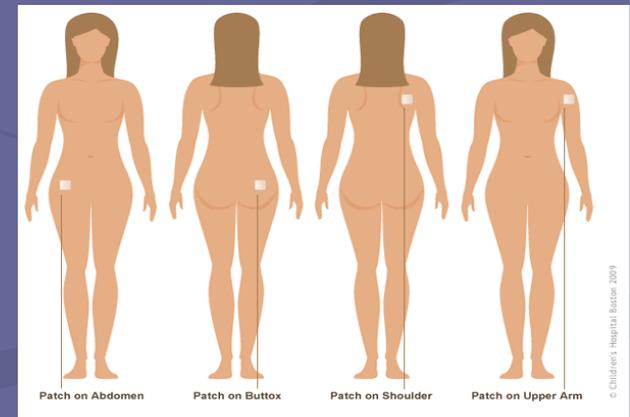
- **E**FFECTIVENESS
- 92% vs. 99% (typical vs. perfect use)
- Is discreet



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

■ **E**FFECTIVENESS

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

- Emits a very low dose of hormones

■ **U**SE:

- 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.

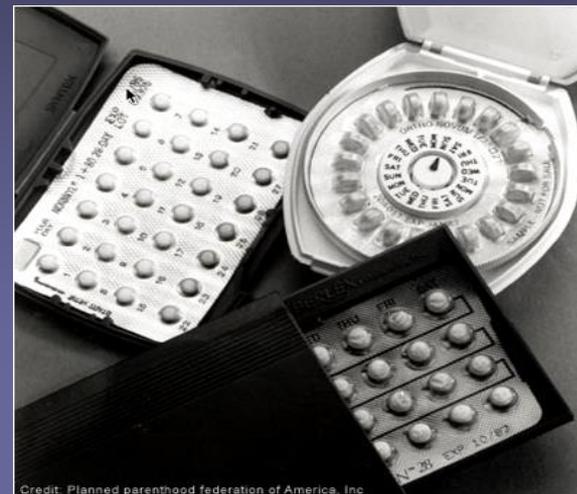
Progestin Only Pills (POPs)

■ **E**FFECTIVENESS:

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

■ **U**SE:

- One pill daily at *same time*
- No placebos in POP pack
- BUBC required x 2 days if taken ≥ 3 hours late



Credit: Planned Parenthood Federation of America, Inc.

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***
- Weight gain
- Depression**
- Headaches**

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

*Usually subside within 3 months

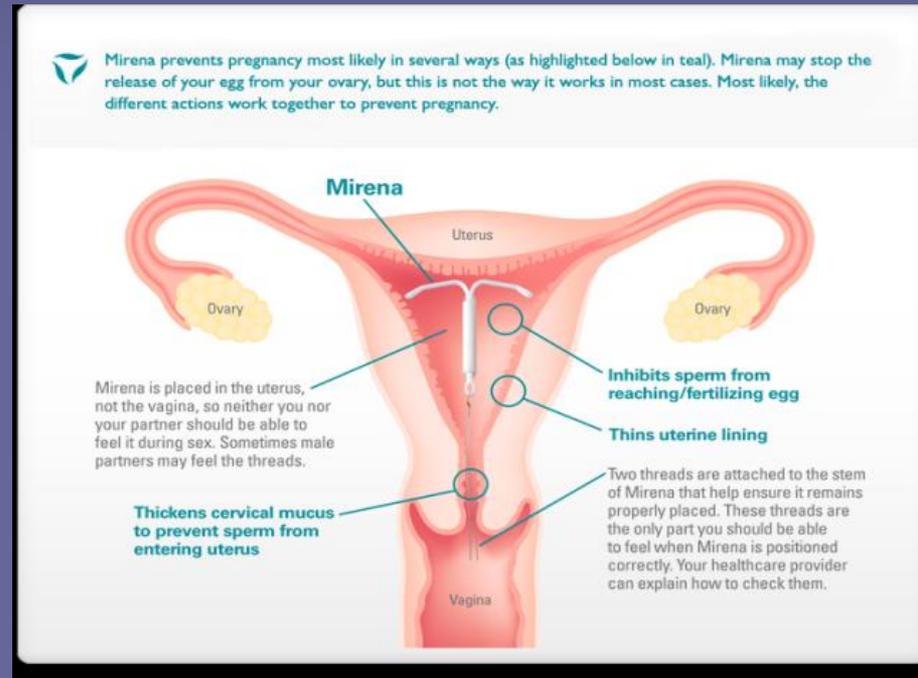
***Recommend Calcium & Vitamin D supplements

The Hormonal IUD

■ **E**FFECTIVENESS

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

- **E**FFECTIVENESS:
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

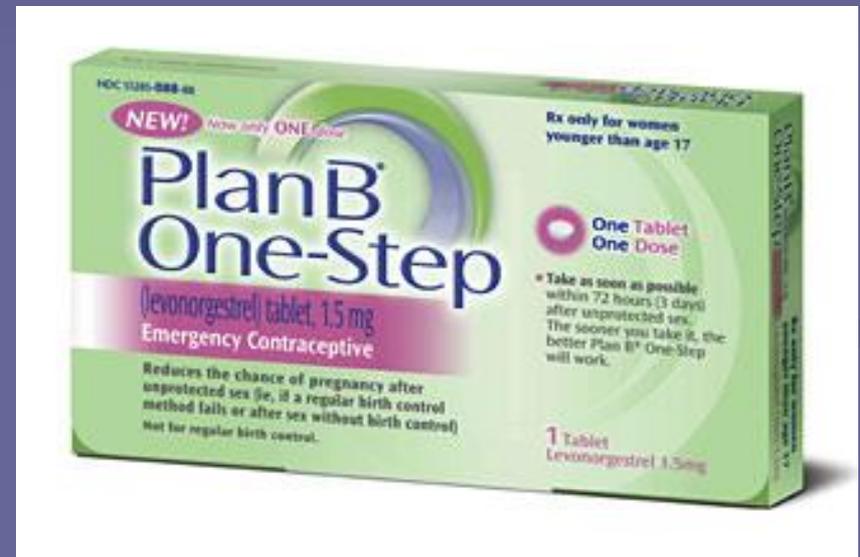


Emergency Contraception

■ 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



Plan B One-Step
Emergency contraception, because the unexpected happens.

SAVE \$10

Plan B One-Step
Emergency contraception
Consumers

The only
emergency contraception
in just
one pill

What The Experts Say | FDA | Information and Support | News & Media | Save \$10 | Pharmacy Request Card

The advertisement features a hand holding a single white pill against a light blue background. The text is clean and modern, emphasizing the product's simplicity and effectiveness. The top right corner includes a 'SAVE \$10' offer and the Plan B One-Step logo. The bottom of the ad has a navigation bar with links to various resources.

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

What's the Best Emergency Contraception for You?

	 Copper-T (ParaGard® IUD)	 ella®	 Plan B One-Step® Next Choice One Dose™ and others
Effectiveness	Best	Very good	Good
When to Use	Up to 5 days after unprotected sex.	Up to 5 days after unprotected sex.	Up to 3 days after unprotected sex. Less effective on days 4 and 5, but you can still use it.
Who Can Use	All women.	All women (unless breastfeeding). Less effective for women with a BMI over 35.	All women. Less effective for women with a BMI over 25. May not work for women with a BMI over 30.
How to Get	Inserted by a doctor or nurse at a health center.	By prescription from a doctor or nurse.	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.
Extra Information	Provides very effective ongoing birth control for up to 12 years.	After using, use back up birth control (like a condom) for 14 days.	Do not use if you've already used ella since your last period.

Chemical Methods

Advantages

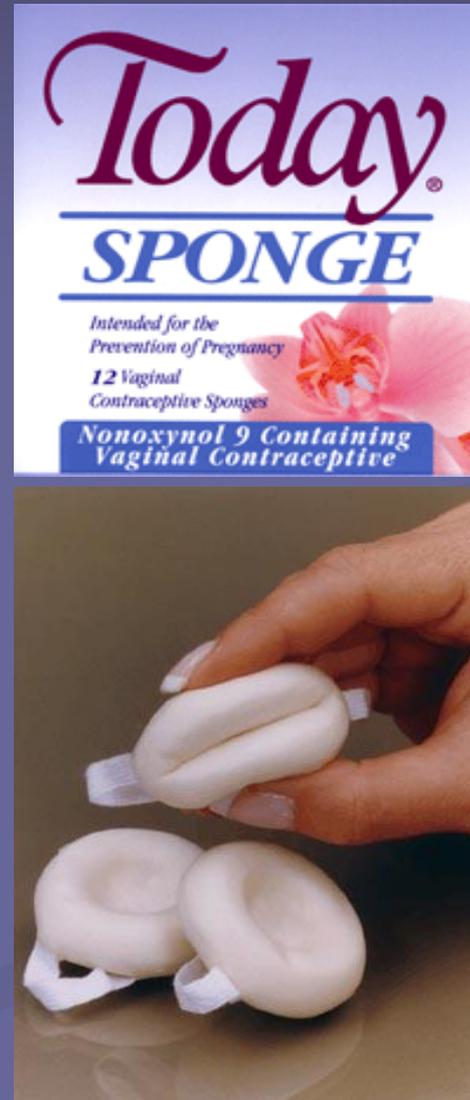
- No prescription needed
- Easy to buy
- Inexpensive
- Used only when needed
- No artificial hormones in body

Disadvantages

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

The Sponge

- **E**FFECTIVENESS:
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

■ **E**FFECTIVENESS

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

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.

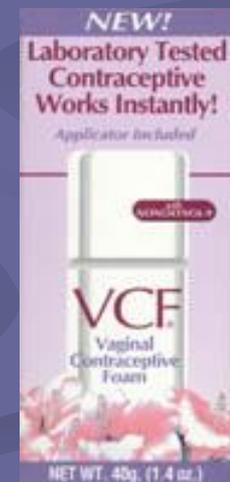


Film, Foam, and Jelly

■ **E**FFECTIVENESS⁷

71-85% (typical vs. perfect use)

- Wide variety
- Most are vaginally inserted and need time to melt or dissolve before intercourse



Barrier Methods

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.

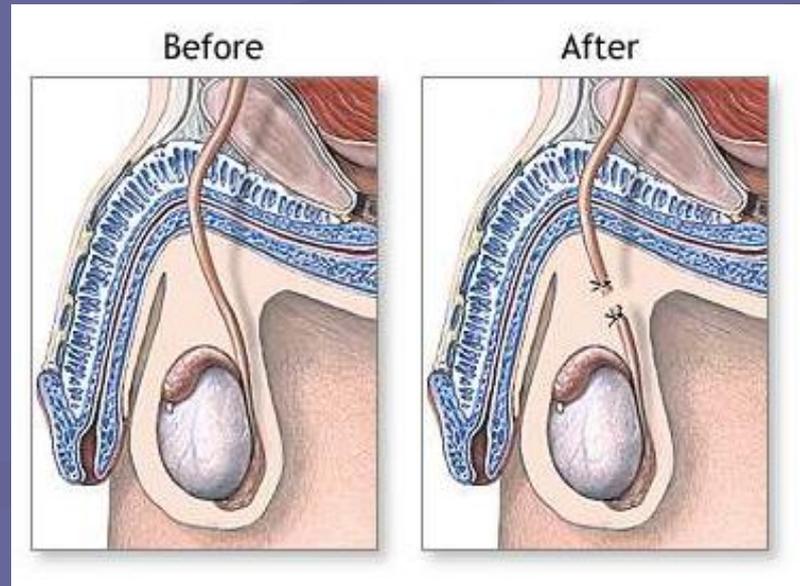
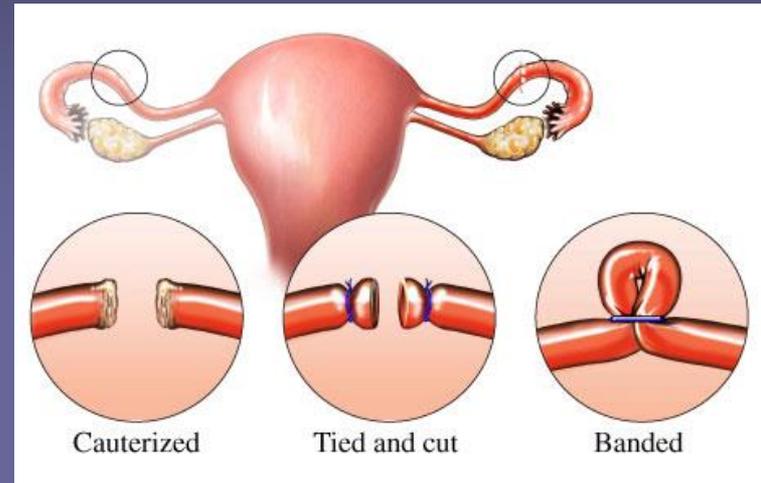
Additional Information

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

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

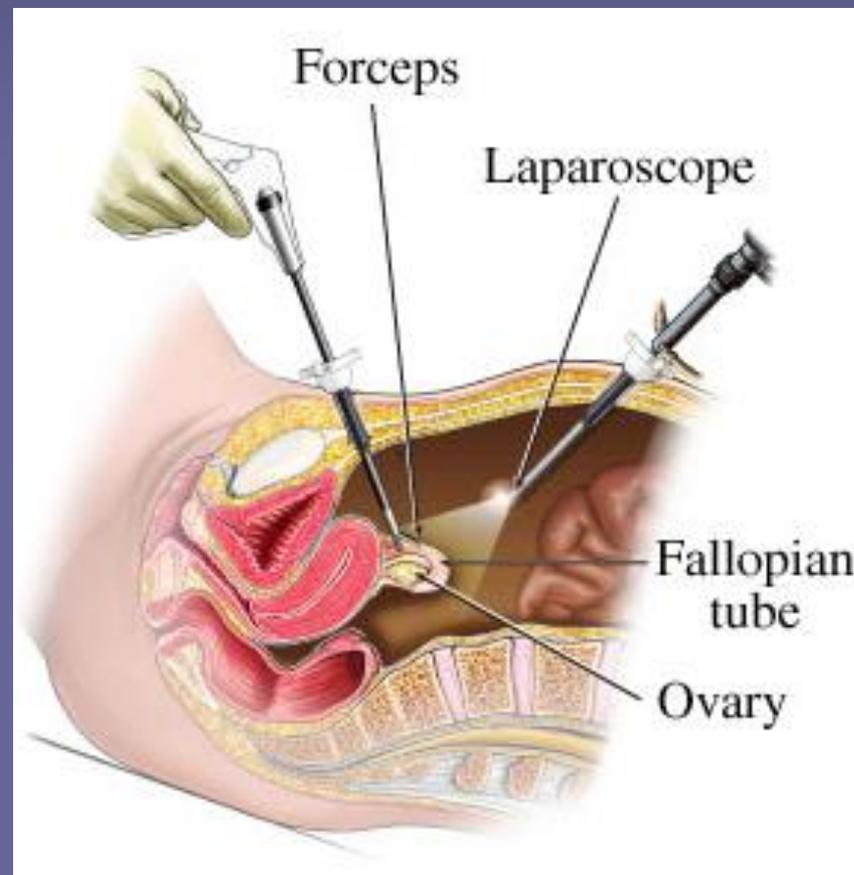
- Permanent protection against pregnancy
- No effect on sexual pleasure
- No lasting side effects
- Protects women whose health would be seriously threatened by pregnancy

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

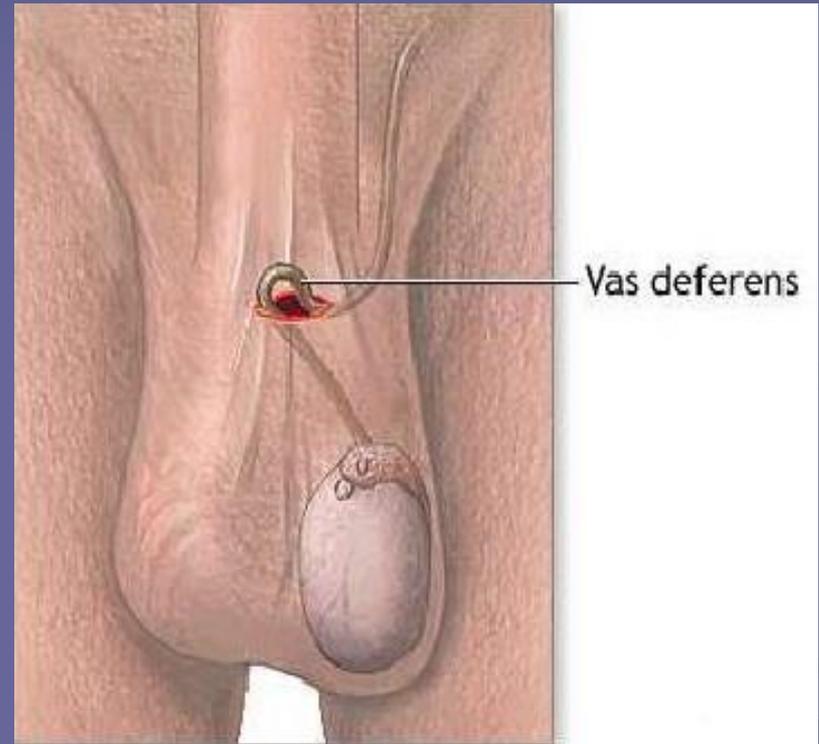
Tubal Sterilization

- 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

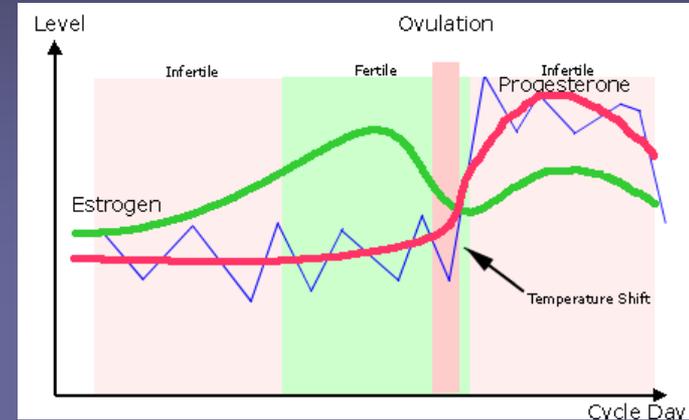
- Ineffectiveness due to user error
- Requires great self-control, experience, and trust
- Only abstinence protects against the transmission of STD's

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.

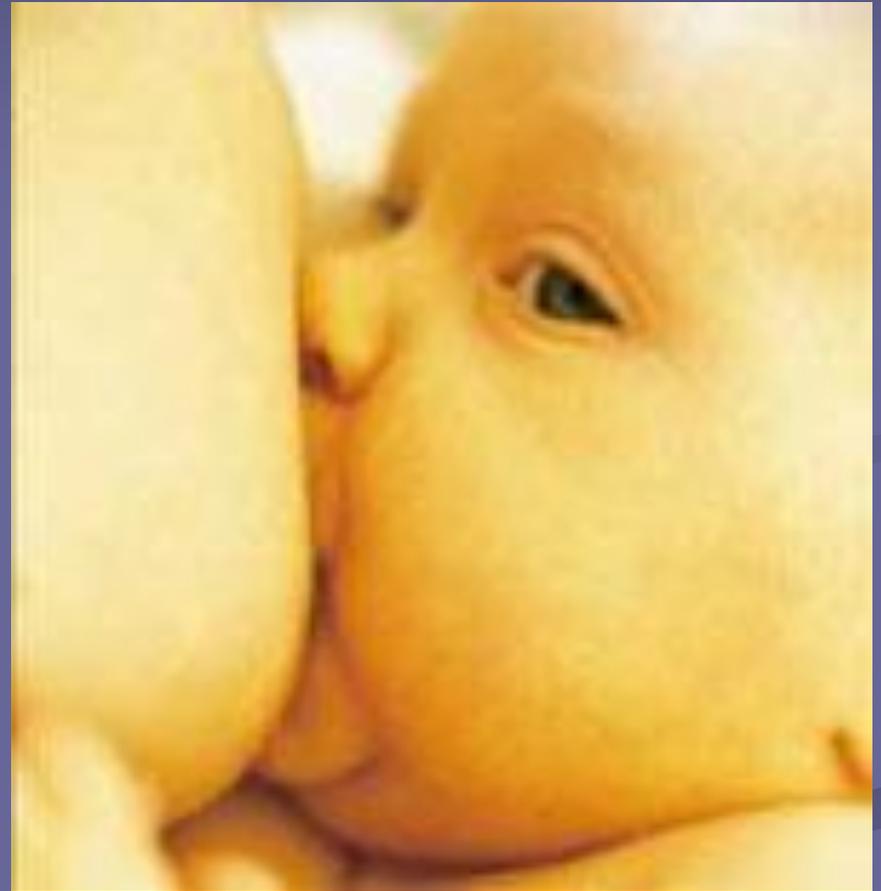


A calendar for the month of October, showing the days of the week (S, M, T, W, T, F, S) and the dates (1 through 31).

OCTOBER						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

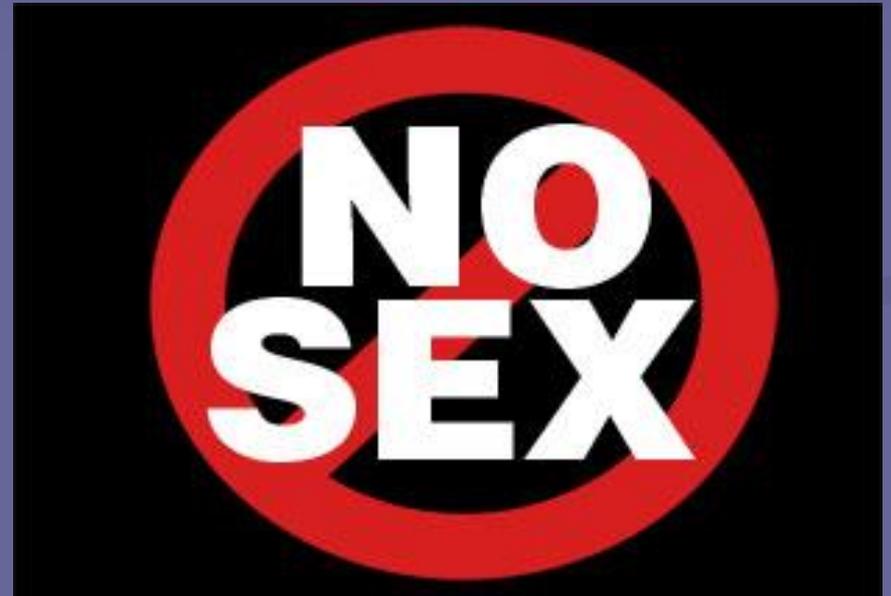
Lactational Amenorrhea Method

- 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

12

1

2

3

4