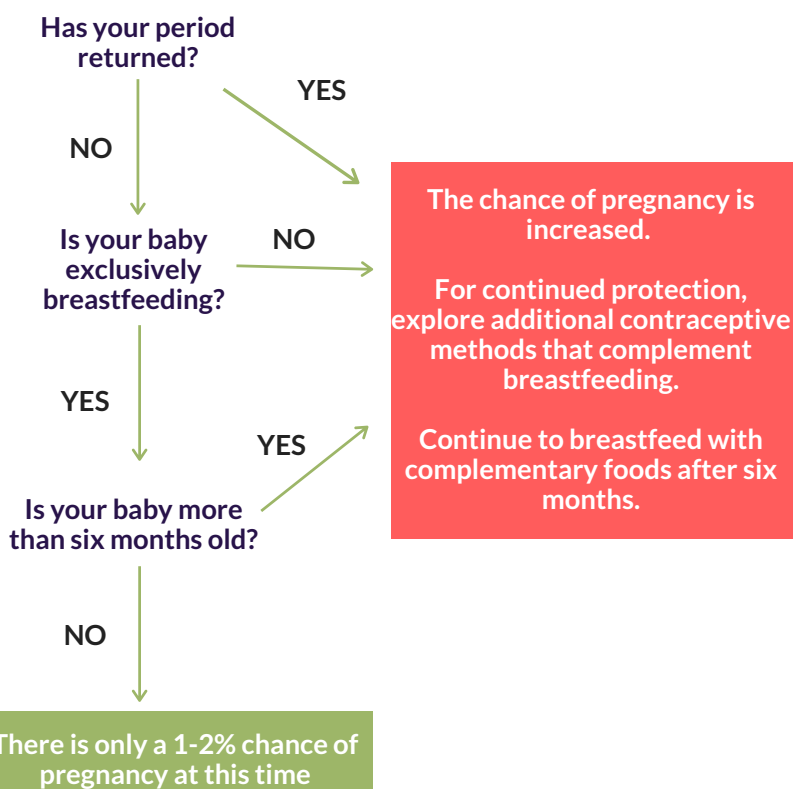




Contraception During Breastfeeding

Form of Contraception	Effectiveness	Advantages	Disadvantages	Impact on Breastfeeding
Lactational Amenorrhea Method (LAM)	97.5-99.5% (when all criteria are met – see below)	<ul style="list-style-type: none"> No side effects No cost 	<ul style="list-style-type: none"> Requires special instruction for use 	None
Barrier Methods diaphragm spermicide condom	Diaphragm: 88% Spermicide: 71% Condom: 85%	<ul style="list-style-type: none"> Few side effects Effective with diligent & appropriate use Easily accessible Low cost Provides protection from STIs 	<ul style="list-style-type: none"> Potential for error Potential for allergy May be inconvenient & limit spontaneity Diaphragm requires fitting 	None
IUDs Copper (10 yrs) Levonorgestrel (progestin) - Mirena – 5yrs - Skyla – 3yrs	99%	<ul style="list-style-type: none"> Highly effective Reversible Long term contraceptives Little user attention required 	<ul style="list-style-type: none"> Small risk of infection, perforation, expulsion Requires provider insertion & removal Copper contraindicated with Wilson's disease & copper allergy Short term use costly; long term use cost effective 	Should perforation occur during insertion, surgery may require short interruption in breastfeeding <u>Copper</u> : no others known <u>Hormonal</u> : may lower milk supply, especially with insertion before 6 weeks postpartum
Sterilization Male (vasectomy) Female (postpartum; laparoscopic; hysteroscopic)	99%	<ul style="list-style-type: none"> Highly effective Some procedures can be performed on an outpatient basis 	<ul style="list-style-type: none"> Permanent; risk of regret Surgical procedural risks Cost related to surgery Requires surgeon Risk of ectopic pregnancy with female procedures 	Male: none Female: postpartum procedure separates mom & infant & may require use of maternal narcotics
Progestin-only Hormonal Options Oral daily pills Injectable (DMPA – 3 mo) IUD (see above) Vaginal Ring Implants (3-5years)	Daily Pill: 91% Injectable: 94% IUD: 99% Vaginal Ring: 91% Implants: 99%	<ul style="list-style-type: none"> Long term options highly reliable 	<ul style="list-style-type: none"> Common side effect of irregular bleeding Potential user failure with daily pills Other side effects: headache, acne, weight gain, bloating, depressed mood DMPA may have delayed return to fertility Implant & IUD require provider insertion & removal 	May impact milk supply, especially when started early postpartum If milk supply decreases with DMPA, cannot be discontinued/removed

Lactational Amenorrhea Method



Emergency Contraceptives

Most effective within 72 hours of exposure.

LNG (Plan B) progestin-only pill more effective, with fewer side effects than combined pills.

LNG (Plan B) progestin-only pill preferred over combined pill, as it's less likely to cause issues with milk supply.

Copper IUD most effective, provides continual contraception & least likely to affect breast milk supply.

CAUTION: Estrogen-containing combination oral contraceptives have higher potential for adverse effects on milk supply.