It wasn’t the right time for me – improving the delivery of post-natal contraception advice

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Why new mothers?
Contraception and breastfeeding  (2 Posts)

Etak15  Tue 23-Jun-15 19:16:56

After having dc 4 six months ago and exclusively breastfeeding now he’s gradually getting into his food and sleeping for longer stretches at night, I am thinking I need another method of contraception apart from breastfeeding it has worked for me previously and I have a 2 yr gap between all of them using no contraceptives breastfed others till 18 month ish, but before I knew that I wouldn’t mind if I became pregnant - now I would mind!! Any recommendations? And why are some contraceptives unsuitable for breastfeeding is it harmful for baby or does it affect milk quality?

Contraception straight after

Evianbaby15  Wed 09-Dec-15 14:40:01

Due to give birth in a few weeks and wondered if the hospital offer contraception there and then (can’t remember from last time)
Looking to go back on the pill - getting an appointment with my GP is a nightmare so would prefer to pick up a prescription at the hospital

Long-term contraception after birth  (3 Posts)

QueenMolotov  Mon 21-Mar-15 14:50:51

I’m 33yo and am almost 14w pg with our third (and last) child. I’d appreciate some advice about long-term contraception after the baby is born.
Current guidelines

Methods and timing of resumption of contraception should be discussed within the first week of birth.

*NICE, Postnatal care up to 8 weeks after birth, 2015*

Health professionals should find opportunities during both the antenatal and postnatal period to discuss all methods of contraception as... “prior to birth, women and partners may have greater time to think through their options than immediately after birth when it may not seems like a priority.”

*FSRH, Postnatal Sexual and Reproductive Health, 2009*
• 1055 Mumsnet users completed online survey on Mumsnet.com
• All had had a baby in the last 3 years
• Age of children ranged from currently pregnant to 17 years old.
• Across UK
Antenatal period
Postnatal period
Postnatal period

If contraception was first discussed with you at your postnatal check, please tell us how many weeks after delivery this took place?

6.1

Weeks postpartum before receiving contraceptive advice

23%

Of women having sex before 6 weeks postpartum
Women who chose to breastfeeding

Which methods of contraception were discussed with you as safe to use when breastfeeding?

32% said safe contraception was not discussed with them at all

55% said contraception post-LAM not discussed
## Forms of contraception discussed

<table>
<thead>
<tr>
<th>Method</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barrier method - condoms</td>
<td>54%</td>
</tr>
<tr>
<td>The Pill</td>
<td>49%</td>
</tr>
<tr>
<td>Coils (IUD and Mirena)</td>
<td>41%</td>
</tr>
<tr>
<td>Implant (Nexplanon)</td>
<td>21%</td>
</tr>
<tr>
<td>Injection</td>
<td>16%</td>
</tr>
<tr>
<td>Barrier method - diaphragm</td>
<td>9%</td>
</tr>
<tr>
<td>Breastfeeding as a form of contraception</td>
<td>6%</td>
</tr>
<tr>
<td>Vasectomy/Sterilization</td>
<td>5%</td>
</tr>
<tr>
<td>Natural family planning</td>
<td>3%</td>
</tr>
<tr>
<td>Emergency Hormonal Contraception</td>
<td>2%</td>
</tr>
<tr>
<td>Did not discuss contraception with HCP</td>
<td>11%</td>
</tr>
</tbody>
</table>
“Although I’m 37, I’m actually pretty ignorant about most forms of contraception. The pill no longer suits me, but I don’t really know enough about other forms and haven’t the time or energy to find out.”

“It would have been nice to have been given more options, the approach did seem to be ‘you were on the pill before and got on ok with it, so we’ll prescribe that again’. I was on the pill for over 10 years, and I do wonder whether there would be anything better suited to me.”
Timing – women’s experience and views
After birth

“I wanted to say to them that there is no risk of sex soon, let alone pregnancy!”

“Day one postpartum I laughed when the midwife mentioned contraception!“

“Very quickly post birth everything becomes about the baby, weight gain, jabs etc and a bit more time after the newborn euphoria fades could be dedicated to mums.”
Antenatal period

“I would have preferred to have discussed it towards the end of pregnancy, I had to ring my GP when my daughter was 4 weeks, when I stopped breastfeeding and wanted to begin taking contraception as had no idea what to do about starting – I’d not discussed it with anyone up until this point.”

“It should be discussed before the birth so that something is in place more quickly.”
Conclusions

• Appreciate individual journey
• Providing information wherever needed – directly in women’s hands
• Continuity of care
• Support for HCPs
Next steps

your guide to contraception after you've had a baby

HealthUnlocked

Sex and contraception after childbirth

Supporting women's choices in the postnatal period

bpas.org - here if you need us
Thank you

www.bpas.org

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