

Contraception after you've had your baby

What you need
to know.



spectrum-sexualhealth.org.uk

✕ f @spectrumcicsh

Why do I need to think about it?

It's important to think about contraception and be prepared as it is possible to become pregnant again soon after having a baby, even before your period restarts.

You will need to use a method from 3 weeks (21 days) after birth to prevent another pregnancy.

If you become pregnant again within 12 months of giving birth vaginally there is an increased risk of your baby being born early or having a low birth weight.

There are also some risks if you have another pregnancy within 12 months of a Caesarean section, so it is better for your health and the baby's to delay future pregnancies if possible.

What about breastfeeding?

When you are breastfeeding there are several contraceptive options which should not affect your baby or your supply of milk.

If you are fully breastfeeding day and night with no bottle feeds at all, your periods haven't come back and your baby is less than six months old you are less likely to get pregnant.

How can I get contraception?

Spectrum offer telephone and face to face appointments to discuss contraception and help you decide which method is best for you. We fit coils and implants as well as supplying all the other methods including pills, injections, patches, vaginal rings and condoms. We can post condoms and some pills to you at home.

You can also contact your GP surgery to obtain contraception, and oral contraceptive pills are now available for free from most pharmacies, see this link for details:

spectrum-sexualhealth.org.uk/contraception/pharmacy-finder-oral-contraception/

Here are some websites with information about Contraception:
[Choosing your contraception - Spectrum Sexual Health](https://www.contraceptionchoices.org/Choosing%20your%20contraception%20-%20Spectrum%20Sexual%20Health)

www.contraceptionchoices.org

If you're under 19 you can attend our Youth Advice walk in clinic from 3-5pm Tuesdays and Thursdays at our Trinity Walk location.

Under 25s can also register for a C Card to get free condoms.

You can register for a C Card at our clinic, youth services, some pharmacies, with our Outreach Team or via our website:

www.c-card.org.uk/wakefield

This will then allow you to collect condoms from clinic or community venues such as pharmacies and libraries.

Have a look online to see the closest collection point to you:
spectrum-sexualhealth.org.uk/c-card-venues

I've had unprotected sex- what should I do?

If you are more than 3 weeks post-birth you will need to obtain a method of emergency contraception. We fit emergency coils at our clinic at Trinity Walk. This is the most effective method of emergency contraception, and it provides a reliable ongoing method as well.

You can also opt for an emergency hormonal contraceptive pill, available from your GP, our clinic and for free from participating pharmacies in Wakefield District, see our website for more details: Emergency contraception - Spectrum SHS (spectrum-sexualhealth.org.uk)

Emergency Contraception should be obtained as soon as possible after unprotected sex to increase the chance of preventing a pregnancy.

If you've had unprotected sex, you may be at risk of an STI. We offer screening and treatment for STIs at our main Trinity Walk clinic location, online and by post.

**Further information is
available on our website:**

**spectrum-sexualhealth.org.uk
0800 121 4860**

Spectrum Sexual Health
Wakefield clinic,
Trinity Walk Clinic, Unit LG1A,
Trinity Walk Shopping Centre,
Wakefield WF1 1QS



X f @spectrumcicsh