

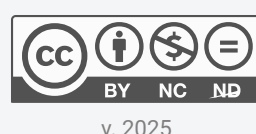
# WHAT ARE MY POSTPARTUM BIRTH CONTROL OPTIONS?

Many methods are safe to use immediately after having a baby and while breast/chestfeeding.

 HORMONAL  NON-HORMONAL

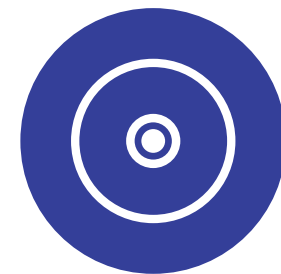
## WANT TO LEARN MORE?

Visit [upstream.org/birthcontrol](https://upstream.org/birthcontrol)

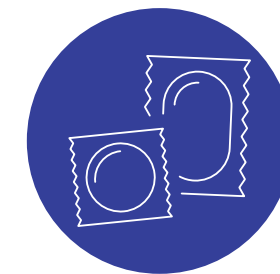


### You can start these methods immediately after giving birth

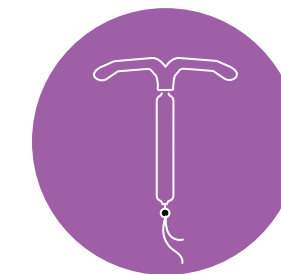
These methods are estrogen-free. For most people, they are safe to use postpartum and likely won't affect your milk supply if you are breast/chestfeeding.



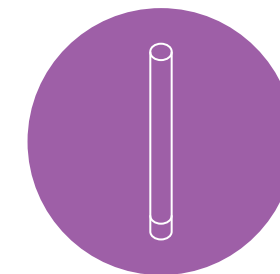
BREAST/CHESTFEEDING  
AS BIRTH CONTROL



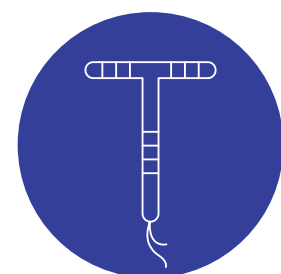
CONDOMS  
(EXTERNAL, INTERNAL)



HORMONAL IUDs



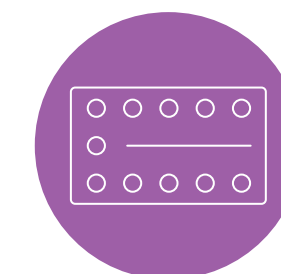
THE IMPLANT



NON-HORMONAL IUDs



PULL-OUT  
METHOD



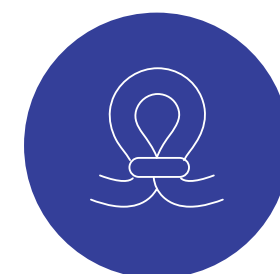
PROGESTIN-  
ONLY PILLS



THE SHOT



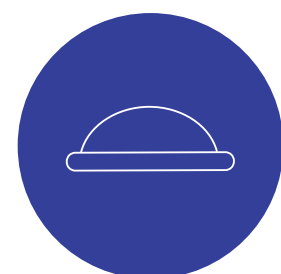
SPERMICIDE  
AND GEL



PERMANENT  
BIRTH CONTROL

### You might need to wait 3-6 weeks after giving birth to start these methods

You typically need to wait at least 6 weeks after giving birth to use most of these methods. Methods with estrogen also might affect your milk supply if you are breast/chestfeeding.



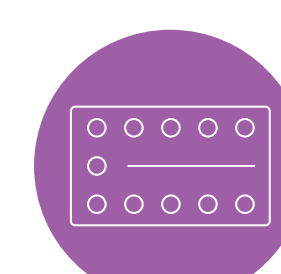
CERVICAL CAP,  
DIAPHRAGM,  
SPONGE



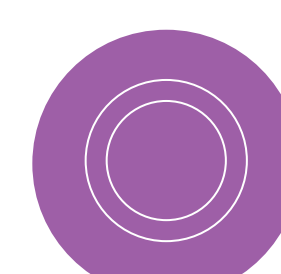
FERTILITY  
AWARENESS



PATCHES



COMBINED  
PILLS



RINGS