

## Getting a Contraceptive Implant Right After Giving Birth

### Why is should you use birth control after having a baby?

Your fertility after having a baby can be unpredictable. You may be able to get pregnant before your next period starts. Using birth control to help plan for your future family is important. Waiting at least **a year and a half** before trying to get pregnant again can improve your health and the health of your next baby.

### What is the contraceptive implant?

The contraceptive implant (**Nexplanon®**) is a very effective form of birth control that has a small amount of the hormone progestin. This hormone is safe to use after you give birth, even if you are breastfeeding. The implant is made of a thin plastic tube about the size of a paper matchstick that is placed under the skin in your upper arm.

Once the implant is placed, it works for at least 3 years and prevents pregnancy in over 99% of women who use it. The implant can be removed at any time.

### What should I expect after placement of the implant?

The implant may cause irregular bleeding. Some women have heavy and/or longer periods. Some women have periods that are lighter and happen less often. Some women stop getting their period.

### When can the provider (doctor, midwife, nurse practitioner) place the implant?

Placement of the implant can take place either in the:

- Provider's office
- Hospital after you've had your baby and before you go home.

Your provider will place some numbing medicine in your upper arm and insert the implant under your skin. Most often, it takes less than a minute to insert the implant.

### Implant & Breastfeeding

Placement of the implant (**Nexplanon®**) right after having a baby has ***not*** been shown to affect breastfeeding in healthy mothers and babies. But, you may have other risk factors for breastfeeding problems and the use of implants right after giving birth has not been studied in these cases. These risks may include:

- Having a baby born before 37 weeks
- Low birth weight baby
- Past breastfeeding problems
- Past breast surgery
- Significant anemia
- Obesity
- Diabetes
- Infertility



Your provider can help you see if you have any of these risk factors. For women with one or more of these risk factors, extra measures may be taken to protect your milk supply.

For breastfeeding women, feed your baby often on demand (8 to 12 times a day). Avoid supplementing with formula unless told by your baby's provider. If your milk supply seems low, ask to speak to a lactation consultant.

**If you do not love your implant for any reason, it can be removed at anytime by your provider or at the Health Department.**

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