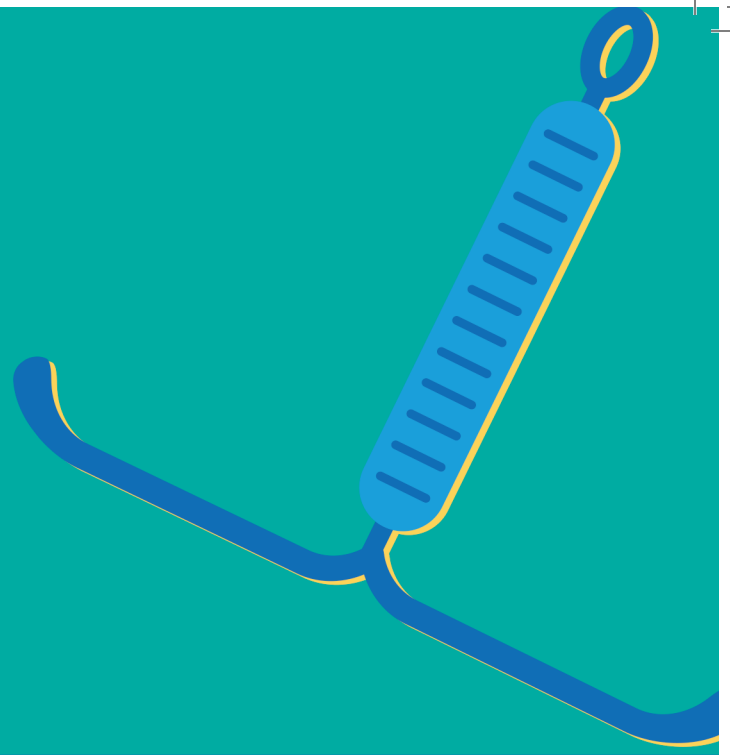


PREVENTING pregnancy with an

IUD after delivery



Providers suggest waiting at least 18 months before having another baby so that you will remain healthy through your pregnancy. You have options to prevent pregnancy and plan for your next one, including the intrauterine device (IUD). A health care provider can insert the IUD inside your womb within 10 minutes of delivery.

What is it?

The IUD is a small, T-shaped piece of plastic that goes inside your womb. Some IUDs contain hormones, and some do not.

Why get the IUD right after delivery?

- You can get pregnant **right** after giving birth
- You have time to heal before getting pregnant again
- It's convenient and you don't have to schedule a separate appointment
- Works for years after being inserted
- Works better than all other birth control methods: pill, ring, patch, shot and condoms

What else should I know about the IUD?

- You can still breastfeed while using it
- If your IUD falls out, you need to use another form of birth control while waiting to have it replaced
- It does not stop the spread of sexually transmitted diseases (STDs); use condoms to prevent STDs

Where can I get more information?

- Talk to your health care provider
- Baby/birth spacing: healthyicc.org/your-health/baby-spacing
- Birth control options and information: bedsider.org

**Cost of birth control may depend on timing as well as your health insurance.*