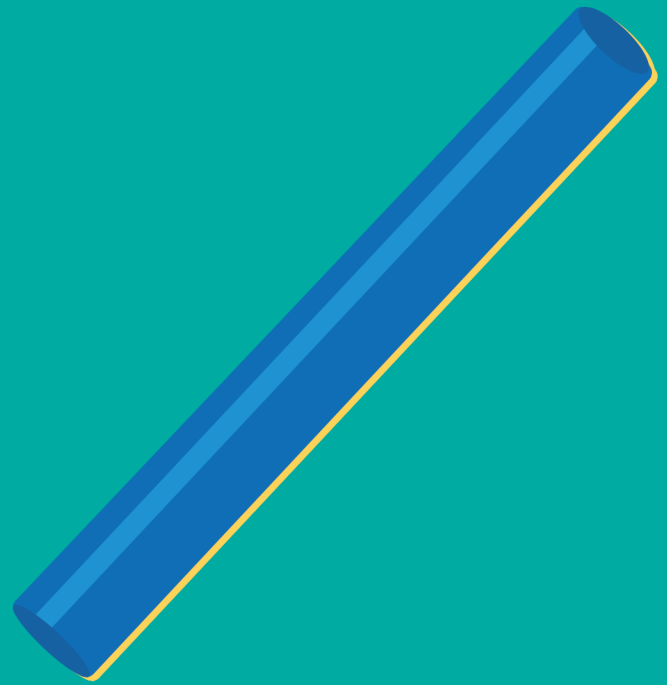


PREVENTING pregnancy with an

implant 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 help prevent pregnancy and plan for your next one, including the implant. A health care provider can insert the implant inside your arm before you leave the hospital.

What is it?

The implant is a small, plastic rod that is placed under the skin of the arm. This method contains only a progestin hormone, which is safe to use if you cannot use estrogen.

Why get the implant 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, condoms, and even sterilization

What else should I know about the implant?

- You can still breastfeed while using it
- 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: <http://www.healthyc.org/your-health/baby-spacing>
- Birth control options and information: www.bedsider.org

**Cost of birth control may depend on when you get it and your health insurance.*