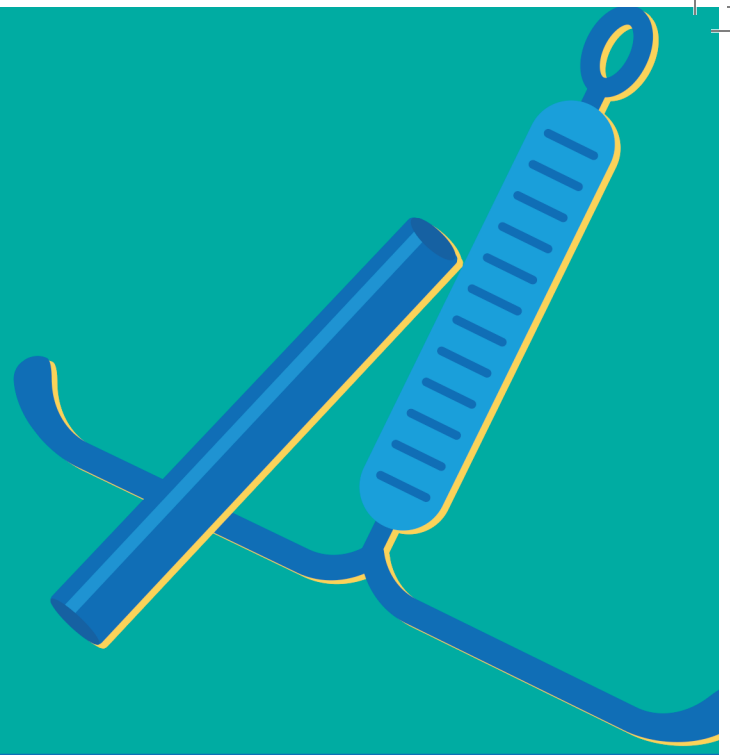


PREVENTING pregnancy with a

LARC 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 long-acting reversible contraception (LARC). LARC includes the implant and the intrauterine device (IUD). You may be able to get LARC right after delivery in the hospital.

The Implant

The implant is a small, plastic rod that is placed under the skin of the arm. This method contains hormones. Your health care provider can insert it any time before you leave the hospital.

The IUD

The IUD is a small, T-shaped piece of plastic that goes inside the womb. Some IUDs contain hormones, and some do not. Your health care provider can insert it within 10 minutes of you giving birth.

Why get LARC 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

Where can I get additional information?

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

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