

We recommend women wait at least 18 months before becoming pregnant again.

Do you know if and when you would like to have another baby?



I'm ready.

You want another baby soon. Being "ready" for pregnancy means that you are healthy now and plan to remain healthy throughout your pregnancy. Your doctor or healthcare provider may suggest that you wait 18 months before having another baby so you are as healthy as possible.



Not Sure?

You could get pregnant again soon after delivery, but you may not know if that's what you want right now. Tell your doctor or healthcare provider this so they can help you learn about your options, including using birth control or preparing for pregnancy.



Now is not good.

You may know that you are not ready to have another child right away. There are many different ways to prevent pregnancy (see back). Talk to your doctor or healthcare provider about which option is right for you.

Deciding What Birth Control is Right for You

You have many options to choose from!



If you think birth control is right for you, talk to your doctor or healthcare provider. The most effective and safe option for women who do not want any more children right now is long-acting reversible contraception (LARC). It prevents pregnancy for years and can be removed when you like. You can become pregnant soon after it's removed.

- Intrauterine devices (IUD) - hormonal and non-hormonal
- Hormonal implant

Other options are available:

- The shot, patch, ring, pill
- Male and female condoms (*prevent sexually transmitted diseases)
- Diaphragms
- Tubal ligation and vasectomy
- Natural family planning methods



You can always change your mind and your doctor or healthcare provider is here to help.

*Cost of birth control may depend on when and where you get it, and what kind of insurance you have.

Adapted from Centers for Disease Control and Prevention:
<https://www.cdc.gov/preconception/rlptool.html>

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