

2. Ask your doctor or nurse for information about the method you like and think you could use. You may want to talk with your partner about the birth control method(s) you will use.
3. Get birth control supplies to use right away after the baby is born (condoms and foams).
4. As soon as your baby is born, make an appointment for your 6-week checkup. This checkup is important to be sure your body is returning to normal. Be sure to keep the date.

Remember:

It's up to you to take action if you don't want to get pregnant again right after your baby is born.

- Learn about birth control methods.
- Pick a method to use right after your baby is born.
- Make and keep your 6-week checkup.
- Talk with your doctor or nurse and then pick a method to use after your 6-week checkup.
- If you want your tubes tied, sign the papers now.



If you need more information, call:

1-800-545-1098

The call is free.

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It's Your Choice!



Most women don't want to get pregnant again right after their baby is born.

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Doctors say it's best for your health to wait at least 2 years between babies.

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Family planning will help you choose if and when you want another baby.

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Now is the time to decide what family planning method (birth control) you will use after your baby is born.

How can family planning help me?

Using birth control can help your body and your mind.

- Pregnancy is hard work! Your body needs time to rest after having a baby.
- You deserve time:
 - to be with your friends and family.
 - to finish school or take special training so you can support your baby.

When your baby is born, you will be very busy! Here are some other important reasons:

- You can become pregnant again right away even if you are breast feeding. You need to use birth control before you have sex after the baby is born.
- If you want your tubes tied and you want Medicaid to pay for it, you must sign your papers **30 days** before you have your tubes tied.
- If you want your tubes tied while you are at the hospital, tell your doctor or nurse now! You will need to sign the papers at least 30 days before your baby is born.

Why do I need to decide now?



What do I need to do?

1. Find out what family planning choices are available and decide which one(s) you can use. Some of the choices available are:

ABSTINENCE: Deciding not to have sex.

CONDOM: Latex sheath (rubber) worn by the man each time you have sex.

DEPO-PROVERA SHOTS: A shot that is given to you every three months.

DIAPHRAGM: Cap-shaped device you place over your cervix each time before you have sex.

PILLS: Pills that you take every day.

PATCH: A sticky bandage placed on your skin and changed once every week.

IMPLANT: A tiny, flexible rod that is inserted under the skin of your arm by a trained provider. It prevents pregnancy for up to 3 years.

IUD: Small plastic object placed in the womb by a trained provider.

SPERMICIDES: Foams, jellies, film and creams that you put in your vagina each time before you have sex.

STERILIZATION (TUBES TIED): An operation that will keep you from getting pregnant ever again.

VAGINAL RING: A monthly birth control method that is worn inside the vagina and changed every month.

