

## What about breastfeeding?

-Immediate postpartum insertion of the Levonorgestrel IUD and the etonogestrel implant have NOT been shown to decrease the duration of breastfeeding

-Some women may experience breast tenderness with Levonorgestrel IUD



## INTERESTED?

# TALK TO YOUR OB PROVIDER ABOUT A LARC BEFORE YOU DELIVER!

## Postpartum LARC



Inserting a **long-acting reversible contraception** (LARC) prior to discharge from the hospital may help to reduce your risk of unplanned pregnancy



- Women who are not breastfeeding can become pregnant again as early as 25 days after birth.
- Pregnancies that are less than 1 year apart can increase the chances for preterm delivery and low birth weight.

### **WHAT ARE THE BENEFITS OF IMMEDIATE POSTPARTUM LARC PLACEMENT?**

- Immediate placement can decrease your chance of closely spaced pregnancies. It is convenient and you can avoid issues such as loss of insurance coverage and missed appointments.

### **WHY CHOOSE A LARC?**

**It's convenient and effective!**

**Women experience the highest satisfaction rates and the lowest rates of unplanned pregnancy with LARCs**

**Over 75% of women continue to use after 1 year**

### **WHAT SIDE EFFECTS CAN I EXPERIENCE WITH LARC METHODS?**

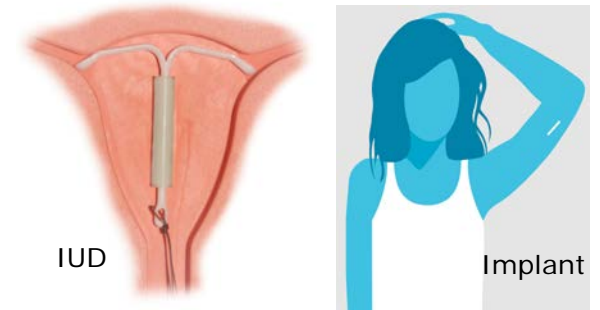
LARC methods can lead to changes in your bleeding pattern. You should discuss this with your doctor.

### **WHAT ARE MY OPTIONS?**

**Copper IUD-** 10 years

**Levonorgestrel IUD-** 5 years

**Implant-** 3 years



IUD

Implant

### **WHAT IS DIFFERENT ABOUT IMMEDIATE POSTPARTUM PLACEMENT OF AN IUD?**

The chance of expulsion (the IUD being pushed out) is higher (10-27% after vaginal delivery, 8% when placed during Cesarean delivery) when compared to an IUD placed after 6 weeks of delivery. There is also increased risk that IUD strings could be lost.

