



Postnatal care and support

Resuming sexual intercourse and contraception

An easy read guide

This booklet is about postnatal care: Resuming sexual intercourse and contraception

There are 7 postnatal booklets these include:

Booklet 1: Postnatal care, birth registration and coronavirus

Booklet 2: Resuming sexual intercourse and contraception

Booklet 3: Maternal physical wellbeing and health concerns

Booklet 4: Emotional wellbeing and mental health

Booklet 5: Infant feeding and blood spot tests

Booklet 6: Baby care and wellbeing

Booklet 7: Coping with crying and safe sleeping

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A guide to contraception after having a baby

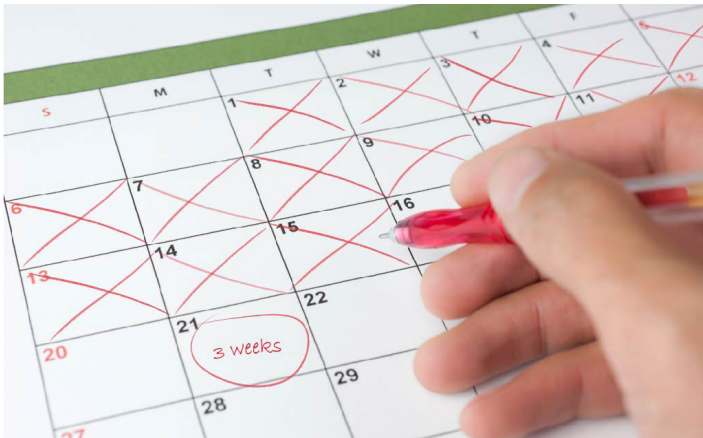


Contraception can delay or prevent you from becoming pregnant.

It is an important part of your postnatal care.



Many pregnancies that aren't planned can happen in the first few months after your baby is born.



You can become pregnant even before your periods start again.



Your midwife or health visitor will talk to you and help you decide which is best for you.

Different types of contraception



Progesterone only pill (POP).

This can be used as soon as your baby is born. This can also be used if you are breastfeeding.



Male or female condoms.

These can be used straightaway after birth.



Contraceptive patch and vaginal ring. These are available from your sexual health clinic.

You should not use these if you are breastfeeding.



Combined oral contraceptive pill (COCP).

Please talk to your midwife or GP before you start taking this.

You should not be using these if you are breastfeeding.



Diaphragm or cap. You should wait until 6 weeks after the birth of your baby.

You will need to see a nurse or doctor to make sure you have the right size after the birth of your baby.



Contraceptive implant.

This can be used straightaway.

It lasts for 3 years.



Contraceptive injection.

This can be used straight after birth, please speak to your GP or midwife for how to access it.

This lasts for 12 weeks.



Intrauterine devices

Intrauterine contraception (IUD/Coil).

Some hospitals may provide this during elective caesarean sections otherwise speak to your GP about having one fitted.

It can last for 5-10 years and be used whilst breastfeeding.



Male and female sterilisation. You should make this decision when you and your partner do not want to have any more children.

Once this is done it can't be reversed.

How soon can I have sex again?



You can have sex as soon as you and your partner feel ready.

It may be some time before you want to as you may have stitches or bruising. This can make sex uncomfortable.



Talk to your midwife, health visitor or GP if you have any worries or concerns.

When will my periods start?



If you choose to feed your baby with formula then your periods could start as early as 5-6 weeks after the birth.

You can become pregnant as soon as 3 weeks after giving birth.



If you are just breastfeeding and not giving any formula, your periods may not start again until you have stopped breastfeeding.

Will breastfeeding my baby act as contraception?



If you are only breastfeeding your baby and not using any formula at all your chances of getting pregnant are reduced but not guaranteed. You may get pregnant before you have your first period.



This can stop you from getting pregnant.



Some people like to use 'natural family planning'. This is when you work out the times in your monthly cycle when you are most likely to get pregnant.



You should talk to your midwife, health visitor, GP or family planning clinic for more information.



Adult improving access to psychological therapies programme - emotional and mental health support

Wakefield: Turning Point

Tel: 01924 234 860

Email: wakefield.talking@turning-point.co.uk

gateway.mayden.co.uk/referral-v2/ec23d2e0-ba2d-4e0f-af63-d0a151c585dc

Leeds: Leeds Mental Wellbeing Service

Tel: 0113 843 4388

Email: leeds.mws@nhs.net

www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/

Bradford and Airedale: Relate

Tel: 01274 726 096

Email: information@relatebradford.com

www.relate.org.uk/find-my-nearest-relate/centre/bradford-relate-centre

Calderdale: IAPT

Telephone: 01484 343700

Email: iapt.admin@swyt.nhs.uk

www.southwestyorkshire.nhs.uk/services/improving-access-to-psychological-therapies-iapt/

Kirklees

Tel: 01484 343700

Email: IAPT.Admin@swyt.nhs.uk

kirkleesiapt.co.uk/

Harrogate: IAPT

Tel: 01423 852137/852062

northyorkshireiapt.co.uk/

Department	Airedale	Bradford Teaching Hospitals NHS Foundation Trust, Women's and New-born unit	Calderdale & Huddersfield
Triage	01535 292120	01274 364532/364531	MAC 24 hours a day 01422 224419 Huddersfield Community Maternity Advice Line 01484 355743 open 8.30am-4.30pm Monday-Friday
Postnatal Ward	01535 292211	Postnatal ward M4 01274 364539/364540	01422 224249
Community Office	01535 292211/2	Postnatal, Antenatal & Induction Suite M3 01274 364536/364537	01484 355754
Debrief Clinics/	01535 292409	Via midwife, health visitor or GP	Maternity Reception (appointments) 01422 224125 Women's Health Reception (appointments) 01484 342666
Feeding Support	01535 292383	01274 364583	01422 224925
Local Contraception/ Sexual Health	01535 607333	0303 3309500	0303 330 9981

Harrogate	Mid Yorks	Leeds
01423 557548/557531	01924 543002	SJUH 0113 206 5781 LGI 0113 392 6731
01423 553157	01924 541693	SJUH 0113 206 9105 LGI 0113 392 7436
01423 553051	Wakefield: 01924 543424 Pontefract: 01977 747430/31 Dewsbury: 01924 319152	0113 206 3329
Please speak to a member from the midwifery team of the midwifery team regarding a referral	01924 541118/541114	SJUH leedsth-tr.birthmatters@nhs.net LGI leedsth-tr.birthmattsteam@nhs.net
01423 553157 or 01423 553051	Families and babies: 01924 851901 Auntie Pams: 01924 438316 add Midwife: 07824417802	0113 206 4360
01904 721111 www.yorsexualhealth.org.uk/clinics/heatherdene-centre-for-sexual-health/#	Kirklees: 0303 0303 9981 Wakefield: 01924 327586	Leeds Sexual Health 0113 392 0333