

METHOD (Non-hormonal)	EFFECTIVENESS OF METHOD	EFFECT ON BREASTFEEDING	WHEN TO START
<b>Breastfeeding as contraception, or LAM (Lactational Amenorrhea Method)</b> See back for more information. You must meet certain criteria.	<b>Typical Use:</b> 98%	None	Immediately after birth
<b>Condoms (male)</b> A soft, disposable sheath that fits over the erect penis and traps the sperm so it cannot fertilize the egg.	<b>Typical Use:</b> 82% <b>Perfect Use:</b> 98%	None	Anytime
<b>Condoms (female)</b> A polyurethane sheath that lines the vagina and traps the sperm so it cannot fertilize the egg.	<b>Typical Use:</b> 79% <b>Perfect Use:</b> 95%	None	Anytime
<b>Diaphragm/Cervical Cap</b> A reversible method of birth control that is positioned into the vagina and over the cervix which block the entry to the uterus so sperm cannot enter to fertilize the egg. Uses the device and special gel.	<b>Diaphragm:</b> Limited current information on effectiveness. <b>Cervical Cap:</b> Less effective compared to other methods of contraception.	None	Anytime. Diaphragm is one-size. Cervical cap must be re-fitted several months after the birth of your baby.
<b>Fertility Awareness Method</b> A woman monitors her menstrual cycle by measuring her basal body temperature and identifying changes in cervical mucus. These methods require specific instruction.	<b>Typical Use:</b> 80% <b>Perfect Use:</b> 91-99%	None	After period resumes
<b>Male Sterilization (Vasectomy)</b> A permanent surgical procedure that blocks the tube that carries sperm to the penis. The male can still ejaculate during sex, but the fluid does not contain any sperm.	<b>Typical Use:</b> 99% <b>Perfect Use:</b> 99%	None	Not immediately effective after surgery. Back-up contraception must be used between the time of surgery and the follow-up semen analysis (2 to 3 months).
<b>Female Sterilization (Tubal Ligation)</b> A permanent surgical procedure that blocks the fallopian tubes so that the sperm and the egg can no longer meet.	<b>Typical Use:</b> 99.5% <b>Perfect Use:</b> 99.5%	None	Not immediately effective after surgery. Back-up contraception must be used until 3 months after tubal occlusion.
<b>Withdrawal Method (“Pulling Out”)</b> A man must remove his penis from the partner’s vagina before ejaculation. The most common problem is that a man withdraws too late, in which case emergency contraception would be recommended (see below).	<b>Typical Use:</b> 78% <b>Perfect Use:</b> 78%	None	Anytime
<b>Copper Intrauterine Device (IUD)</b> A t-shaped device with copper wire around it that is inserted into the uterus. Can remain in place for up to five or ten years, depending on the device.	<b>Typical Use:</b> 99.2% <b>Perfect Use:</b> 99.2%	None	6 weeks post-partum
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<b>Injectable Contraception (“The Shot” or DepoPovera)</b> A t-shaped device with copper wire around it that is inserted into the uterus. Can remain in place for up to five or ten years, depending on the device.	<b>Typical Use:</b> 94% <b>Perfect Use:</b> 99.7%	Should not affect the amount or quality of breastmilk. No harmful effects shown with children up to 14-16 years of age. Longer term effects not fully understood at this time.	Speak with your health care provider. Usually not recommended until at least 6 weeks post-partum.
<b>Intrauterine System (Mirena or Jaydess)</b> A small, T-shaped device that is inserted into the uterus which slowly releases progestin over time. It can remain in place for up to three years (Jaydess) or five years (Mirena).	<b>Typical Use:</b> 99.8% <b>Perfect Use:</b> 99.8%	Should not affect the amount or quality of breastmilk if used after 6 weeks post-partum.	6 weeks post-partum
<b>Progestin Only Oral Contraceptive (Mini-Pill)</b> A tablet that is taken once a day at a specific time that contains progestin only. Progestin is a synthetic look-a-like to progesterone.	<b>Typical Use:</b> 91% <b>Perfect Use:</b> 99.7%	Should not affect the amount or quality of breastmilk if used after 6 weeks post-partum.	Speak with your health care provider. Usually not recommended until at least 6 weeks post-partum.
<b>Combined Oral Contraception (“The Pill”)</b> A tablet that is taken once a day at a specific time that contains two types of hormone: estrogen and progestin.	<b>Typical Use:</b> 91% <b>Perfect Use:</b> 99.7%	The estrogen contained in the pill may decrease your milk supply.	Speak with your health care provider. Usually not recommended until at least 6 months post-partum if breastfeeding. If not breastfeeding, 6 weeks.
<b>Transdermal Contraception (“The Patch”)</b> A patch that can be placed on various areas of the body that slowly releases hormones through the skin. It is applied once a week for three weeks, followed by a week without a patch.	<b>Typical Use:</b> 91% <b>Perfect Use:</b> 99.7%	The estrogen contained in the patch may decrease your milk supply.	Speak with your health care provider. Usually not recommended until at least 6 months post-partum if breastfeeding. If not breastfeeding, 6 weeks. Only effective for women weighing under 198 pounds.
<b>Vaginal Contraceptive Ring (“Nuvaring”)</b> A flexible ring that is inserted into the vagina that releases a continuous dose of hormones for the three weeks it is in the vagina. It gets removed for one week, then a new one is inserted.	<b>Typical Use:</b> 91% <b>Perfect Use:</b> 99.7%	The estrogen contained in the ring may decrease your milk supply.	Speak with your health care provider. Usually not recommended until at least 6 months post-partum if breastfeeding. If not breastfeeding, 6 weeks.
<b>Emergency Contraceptive Pills (“The Morning After Pill”, Plan B)</b> One pill that can be taken after unprotected sex or after a condom breaks, to prevent pregnancy. The Plan B pill contains 1.5mg of levonogestrel, and is available over the counter.	<b>Use by 24 hours:</b> 95% <b>Use by 48-72 hours:</b> 61%	Should not affect the amount or quality of breastmilk if used after 6 weeks post-partum.	As soon as possible, after unprotected sex. Less effective as time passes. Somewhat effective up to 3 days (72 hours) after unprotected sex. Plan B is less effective for women weighing over 165 pounds.
<b>Emergency Contraceptive Pills (Ella)</b> One pill that can be taken after unprotected sex or after a condom breaks, to prevent pregnancy. Ella contains 30mg of ulipristal acetate and needs a prescription.	<b>Use by 72 hours:</b> 98.2%	Limited information about impact on breastmilk. Likely safe, but the manufacturer recommends discarding milk for 24 hours after use.	As soon as possible, after unprotected sex. Less effective as time passes. Somewhat effective for up to 5 days (120 hours) after unprotected sex. Ella is effective for women with higher body mass and for a longer window of time. Needs a prescription.

## CAN BREASTFEEDING BE USED AS A METHOD OF CONTRACEPTION (BIRTH CONTROL)?

Yes. Breastfeeding can be used for birth control, but only if you answer "Yes" to ALL of the four statements below:

1. My baby is less than 6 months old.
2. I have not had a period since my baby was born.
3. My baby is fully or nearly fully breastfed.
4. I breastfeed at least every 4 hours during the day and at least every 6 hours at night.

If you answer "No" to any of these statements, begin another method of contraception.

Fully breastfed means your baby gets all food from suckling at the breast. Your baby must feed at the breast; pumping breastmilk does not have the same effect.



Nearly fully breastfed means your baby gets most food from breastfeeding. Vitamins, minerals, juice, water and some other foods (but no more than one or two mouthfuls a day) are also given.

This method of contraception is called Lactational Amenorrhea Method.

L = Lactational means breastfeeding

A = Amenorrhea means having no monthly period

M = Method

To use LAM effectively, you need additional detailed information. For more information on LAM and other methods of birth control, call:

Healthy Babies Healthy Children Lactation: 625-8814

Sexual Health Clinic: 625-5976

Breastmilk is the only food babies need for the first six months.

Breastfeed your baby for up to 2 years or more.

## Contraception (Birth Control) for Mothers



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