

Contraception after Pregnancy

Dr. Abigail Badrick

SpR CSRH

Contents

- Post-abortion
- Post-partum
- Breast-feeding

Pregnancy in the UK

45%
pregnancies in
the UK are
unplanned

214, 869
abortions in
2021

- 26.5% of
conceptions

43% of those
patients had had
at least 1
previous
abortion

13, 131
conceptions <18
years (2021)

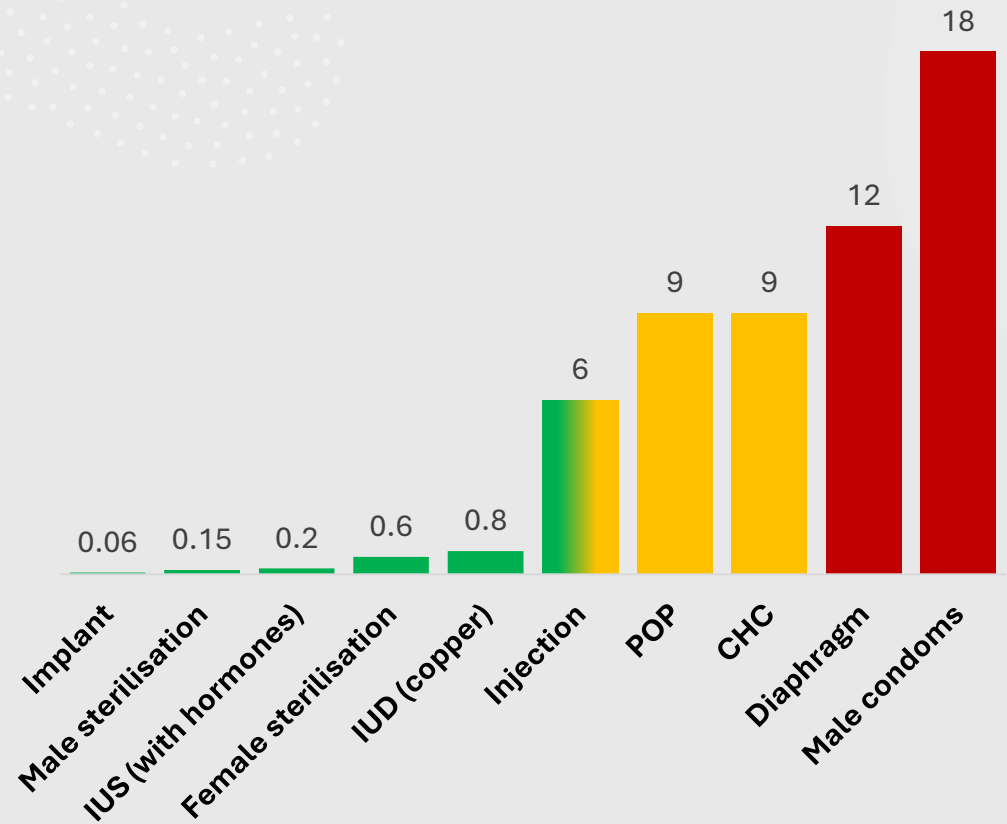
Contraceptive Options

- CHC – Microgynon
- POP – desogestrel
- Implant – Nexplanon
- Injectable medroxyprogesterone – Depo
- IUS – Mirena/Benilexa
- Copper IUD – T-safe



Effectiveness

Failure rates with typical use per 100 women-years:



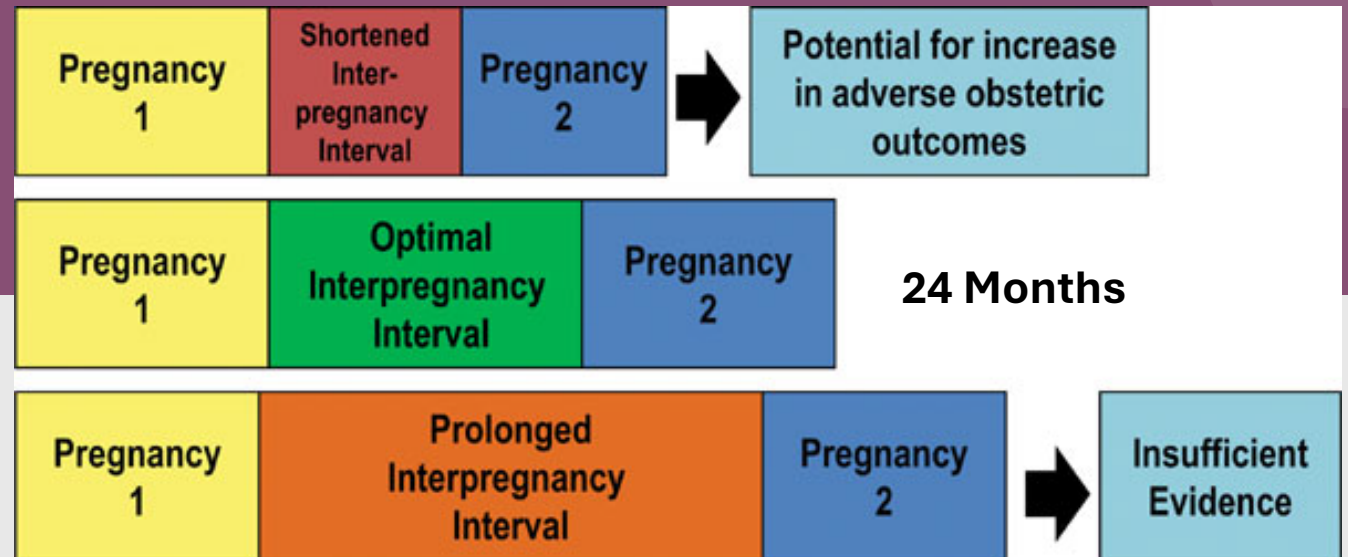
Trussell J. In: Hatcher et al. (eds) *Contraceptive Technology* (20th Edition). New York, Ardent Media 2011

Postpartum



As early as
THREE WEEKS

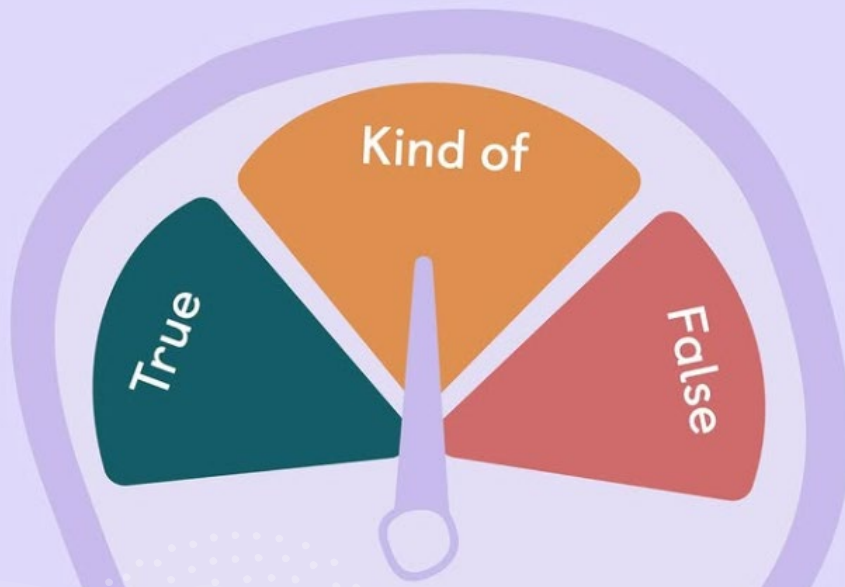
Interpregnancy Interval



• The Role of Extremes in Interpregnancy Interval in Women at Increased Risk for Adverse Obstetric Outcomes Due to Health Disparities: A Literature Review. Thagard et al. 2018

Breastfeeding as Contraception

Breastfeeding works as a natural contraception.



<https://www.instagram.com/kin.fertility/>

- Lactational Amenorrhoea Method:
 - <6 months postpartum
 - Amenorrhoeic
 - Fully breastfeeding – no more than 4 hours between feeds in the day, 6 hours at night
- 3 months after birth 17% women are still exclusively breastfeeding (2010 infant feeding survey)
- Failure rate <2% when used correctly

Contraception & Breastfeeding

- All progestogen-only contraceptives are safe to use when breastfeeding
- Both LNG and UPA safe to use when breastfeeding
- Risk of uterine perforation is higher when fitting IUC
- CHC fine after 6 weeks (with no other risk factors)

Table 3: Summary of UK Medical Eligibility Criteria for Contraceptive Use (UKMEC) categories applicable to women after childbirth¹⁸

Condition	Cu-IUD	LNG-IUS	IMP	DMPA	POP	CHC
Postpartum (in breastfeeding women)						
a) 0 to <6 weeks	See below		1	2	1	4
b) ≥6 weeks to <6 months (primarily breastfeeding)			1	1	1	2
c) ≥6 months			1	1	1	1
Postpartum (in non-breastfeeding women)						
a) 0 to <3 weeks	See below					
(i) With other risk factors for VTE*			1	2	1	4
(ii) Without other risk factors			1	2	1	3
b) 3 to <6 weeks						
(i) With other risk factors for VTE*			1	2	1	3
(ii) Without other risk factors			1	1	1	2
c) ≥6 weeks	1	1	1	1		
Postpartum (in breastfeeding or non-breastfeeding women, including post-caesarean section)						
a) 0 to <48 hours	1	1	See above			
b) 48 hours to <4 weeks	3	3				
c) ≥4 weeks	1	1				
d) Postpartum sepsis	4	4				

UKMEC:
 1 + 2 = benefit > risk
 3 = risk > benefit
 4 = AVOID

* In the presence of other risk factors for VTE, including immobility, transfusion at delivery, body mass index ≥30 kg/m², postpartum haemorrhage, post-caesarean delivery, pre-eclampsia or smoking, use of CHC may pose an additional increased risk for VTE.

Table 3: Summary of UK Medical Eligibility Criteria for Contraceptive Use (UKMEC) categories applicable to women after childbirth¹⁸

Condition	Cu-IUD	LNG-IUS	IMP	DMPA	POP	CHC
Postpartum (in breastfeeding women)						
a) 0 to <6 weeks	See below		1	2	1	4
b) ≥6 weeks to <6 months (primarily breastfeeding)			1	1	1	2
c) ≥6 months			1	1	1	1
Postpartum (in non-breastfeeding women)						
a) 0 to <3 weeks	See below					
(i) With other risk factors for VTE*			1	2	1	4
(ii) Without other risk factors			1	2	1	3
b) 3 to <6 weeks						
(i) With other risk factors for VTE*			1	2	1	3
(ii) Without other risk factors			1	1	1	2
c) ≥6 weeks	1	1	1	1	1	
Postpartum (in breastfeeding or non-breastfeeding women, including post-caesarean section)						
a) 0 to <48 hours	1	1	See above			
b) 48 hours to <4 weeks	3	3				
c) ≥4 weeks	1	1				
d) Postpartum sepsis	4	4				

UKMEC:

- 1 + 2 = benefit > risk
- 3 = risk > benefit
- 4 = AVOID

* In the presence of other risk factors for VTE, including immobility, transfusion at delivery, body mass index ≥30 kg/m², postpartum haemorrhage, post-caesarean delivery, pre-eclampsia or smoking, use of CHC may pose an additional increased risk for VTE.

Suitability for Post-Abortion

- Ovulation occurs within 1 month of 90% of abortions
- Women who commence LARC at the time of abortion have a significantly reduced risk of undergoing another abortion within 2 years
- If any method is started >5 days after an abortion then additional precautions may be required for a period of time, depending on the method

Table 6: UK Medical Eligibility Criteria for Contraceptive Use (UKMEC) categories applicable to a woman after an abortion¹³

Post-abortion	Cu-IUD	LNG-IUS	IMP	DMPA	POP	CHC
a) First trimester	1	1	1	1	1	1
b) Second trimester	2	2	1	1	1	1
c) Postabortion sepsis	4	4	1	1	1	1

CHC, combined hormonal contraception; Cu-IUD, copper intrauterine device; DMPA, depot medroxyprogesterone acetate (progestogen-only injectable); IMP, progestogen-only implant; LNG-IUS, levonorgestrel-releasing intrauterine system; POP, progestogen-only pill.

References

- [FSRH Contraception After Pregnancy \(2017\)](#)
- [Abortion Statistics for England and Wales 2021](#)
- [Health Matters: Reproductive Health and Pregnancy Planning \(2018\)](#)
- [Conception Statistics 2021](#)