

Compatible with breastfeeding (1=Most Effective; 3=Least Effective)

Effectiveness	Birth Control	Hormones?	Prescription needed?	Use	Notes
1	Levonorgestrel releasing IUD 52 mg	Yes	IUD inserted in office	Inserted in the uterus. Leave in for up to 5 years.	Spotting can occur in the first 6 months after insertion. Most women will not get a full period. May have just spotting monthly.
1	Levonorgestrel releasing IUD 13.5 mg	Yes	IUD inserted in office	Inserted in the uterus. Leave in for up to 3 years.	Most women have light cyclic periods; irregular spotting is common at first.
1	Non-hormonal IUD	No	IUD inserted in office	Inserted in the uterus. Leave in for up to 10 years.	Will continue to get periods monthly. May be the same or heavier than your normal period.
1	Tubal ligation	No	Surgically performed	No action required after surgery.	Permanent contraception.
1	Vasectomy	No	Surgically performed	No action required after surgery.	Permanent contraception.
1	Nexplanon	Yes	Implant into arm in office	Insert in arm. Leave in for up to 3 years.	Can be inserted 4 weeks post-partum. May not be effective in women who are considerably overweight.
2	Mini Pill - Progestin only	Yes	Yes	Take 1 pill continuously daily.	No menses expected. May need to switch to a combination birth control pill after 6-8 months of breastfeeding or breastfeeding less than 4 times per day.
1	Depo Provera	Yes	Injection in office	Injection every 11 to 13 weeks.	May or may not get a period every month.
3	Condoms	No	No	Use every time with intercourse.	Will help protect against STI's
3	Natural Family Planning	No	No	Several methods.	Must be motivated to try these methods to be effective and must have regular cycles. Not very effective while breastfeeding.

See other side for options if not breastfeeding.

NOT compatible with breastfeeding (1=Most Effective; 3=Least Effective)

Effectiveness	Birth Control	Hormones?	Prescription needed?	Use	Notes
2	Combination Pill	Yes	Yes	Take 1 pill every day for 28 days at the same time each day. Repeat every 4 weeks.	Use after 6-8 months of breastfeeding. The combination pill contains estrogen that may decrease your milk supply.
2	NuvaRing	Yes	Yes	Insert into the vagina for 3 weeks. Remove for a week to have a period. Repeat every 4 weeks.	Use after 6 months of breastfeeding. The ring contains estrogen that may decrease your milk supply
2	Ortho - Evra Patch	Yes	Yes	Change 1 patch weekly for 3 weeks in a row. The 4th week patch is not worn, and a period occurs. Repeat every 28 days.	Slightly higher risk of blood clots than other estrogen containing contraception. Use after 6 months of breastfeeding. The combination patches contain estrogen that may decrease your milk supply.