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POST PREGNANCY FAMILY PLANNING

METHODS TIMING

FAMILY PLANNING METHOD	CATEGORY	TIMING AFTER DELIVERY	
		EXCLUSIVELY BREASTFEEDING	PARTIALLY or NOT BREASTFEEDING
Male or female condom	Short acting	- Immediately	
Fertility awareness method	Short acting	Start when - normal secretions have returned (non-foul smelling with clear to whitish vaginal discharge) - or after 3 regular menstrual cycles	
Lactational Amenorrhea Method (Exclusive Breastfeeding)	Short acting	- Immediately	(Not Applicable)
Oral Contraceptive Pill	Short acting	- Mini-pill: Immediately - Combined oral pill: 6 months after delivery	- 3 weeks if not breastfeeding - 6 weeks if partially breastfeeding
Injectable	Short acting	- 6 weeks after delivery	- Immediately if not breastfeeding
Implant	Long acting	- Immediately	
Intra-uterine device	Long acting	- Within 24 hours, otherwise, wait for 4 weeks	
Tubal ligation (for females)	Permanent	- Within 7 days, otherwise, wait for 6 weeks	
Vasectomy (for males)	Permanent	- Immediately	

