



Me + My Baby

Health Plan
of San Joaquin

You can get pregnant **ANYTIME** after giving birth

Congratulations on your beautiful baby! Whether you want more, or you are all done, let's talk about **birth control**. There are many choices and talking with your doctor can help you take the next steps.

How soon is too soon?

Having another baby within a year of giving birth can lead to your baby being born too soon. Give yourself time to heal and give your baby some extra special time with you.



Visit the prenatal program page at page at www.hpsj.com/prenatal.

Here are some birth control options:



The IUD is a little, T-shaped piece of plastic that is placed in into your womb.



The implant is a tiny rod that sits under the skin on your upper arm and is really hard to see.



The Depo-Provera shot, or the "Depo" shot, is a hormonal method that you get every three months.



The patch is a thin square of plastic, like a Band-Aid.



The ring is a soft, small band that you put in yourself.



The pill is a hormonal method – the most common type.



The Fertility Method means that women do not use hormonal or barrier methods. They count on knowing their cycles, when they have their period.

What are STDs?

Sexually transmitted diseases (STD's) are often passed by sex. Sometimes it can be passed non-sexually, such as from mother to baby during pregnancy or giving birth.

Can any birth control protect against STD's?

NO. Condoms, when used the right way, are the only method that protects from STD's.