



BIRTH CONTROL

Methods After C-Section



Short term natural contraception methods

Lactation amenorrhea (LAM) is 98% effective and lasts up to six months.

Long-acting reversible contraception (LARC)

Implants and IUDs are 99% effective and last for 3-10 years.



Depo Provera

An injection or shot, which is 99% effective and lasts up to three months.

Tubal ligation

Surgical sterilization, which is more than 99% effective and lasts forever.



REFERENCES:

1. Birth control after childbirth: Long-term options for new moms; UT South Western Medical Center
2. Postpartum contraception: the lactational amenorrhea method; National Library of Medicine