



Niitty – Developing a Peer-based Family
Training Model for Immigrants

CONTRACEPTION AFTER CHILDBIRTH

Raskauden ehkäisy synnytyksen jälkeen



TAKE INTO ACCOUNT THE POSSIBILITY OF A NEW PREGNANCY DIRECTLY AFTER LABOUR

- After labour, intercourse is not recommended during the period of discharge (approximately 2–6 weeks) due to the risk of inflammation. If intercourse occurs, a condom must be used.
- Breastfeeding affects the mucous membranes of the vagina. While breastfeeding, vaginal lubricant must be used during intercourse.
- It's impossible to say accurately when a woman may get pregnant again after labour.
- The possibility of a new pregnancy must be taken into account very soon after childbirth (at the latest 2 months after childbirth)
- Exclusive breastfeeding protects against a new pregnancy only under certain conditions



Birth control is discussed at the child welfare clinic about 6–7 weeks after labour!



THERE ARE MANY OPTIONS FOR BIRTH CONTROL

Combined hormonal birth control

- Hormonal methods that include two different hormones
- They can take the form of the pill, patch or vaginal ring

The mini pill and other products containing progestin

- Contraceptive pill that contains only one type of hormone
- Contraceptive implant placed under the skin in the upper arm

Intrauterine device, i.e. coil

- Hormone coil
- Copper coil

Condom

- The only form of contraceptive that protects against sexually transmitted diseases as well as pregnancy.



COMBINED PRODUCTS

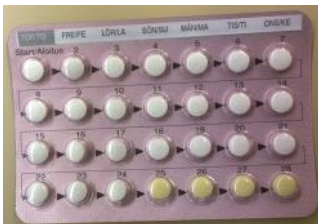
Contain both oestrogen and progestin

These include **the combined pill**, **the birth control patch** and **the vaginal birth control ring**.

The use of the combined birth control method reduces the risk of cancer in the ovaries, uterus and colon.

The use of the combined birth control method may involve an increased risk of deep vein thrombosis, which will be assessed at the child health clinic. Talk about it with your nurse or doctor.

Fertility will return to the level corresponding to your age after you have stopped using the product.



Correctly used, the effectiveness of combined birth control products in preventing pregnancy is excellent!



USING THE COMBINED BIRTH CONTROL METHOD WHILE BREASTFEEDING

Starting birth control:

If you are BREASTFEEDING, you can begin the use of the combined pill 6 months after giving birth

If you are NOT BREASTFEEDING, you can begin the use of the combined pill 3 months after giving birth

Daily dosage:

One pill at the same time every day

Take breaks according to the instructions in the package. Talk about the dates of the break with your nurse or doctor.

Postponing menstruation is possible.

The use of the combined pill reduces the amount and duration of menstrual flow and menstrual cramps.



COMBINED PILL

The pills are taken for 21–28 days in a row, followed by a week-long break (4–7 days).

Menstruation occurs during the week-long break.



If you use the product correctly, its contraceptive effectiveness re-

VAGINAL BIRTH CONTROL RING

mains good during the week-long break.

The vaginal birth control ring is a flexible plastic ring that is placed in the upper vagina. You insert the ring deep into the vagina yourself, similarly to a tampon.

Monthly dosage:

- The ring will remain in place for three weeks, after which it is removed and a week-long break is taken without the ring.
- After the week-long break, a new ring is inserted into the vagina and will remain in place for the next three weeks.

All the products in the combined birth control method include oestrogen and progestin.



BIRTH CONTROL PATCH

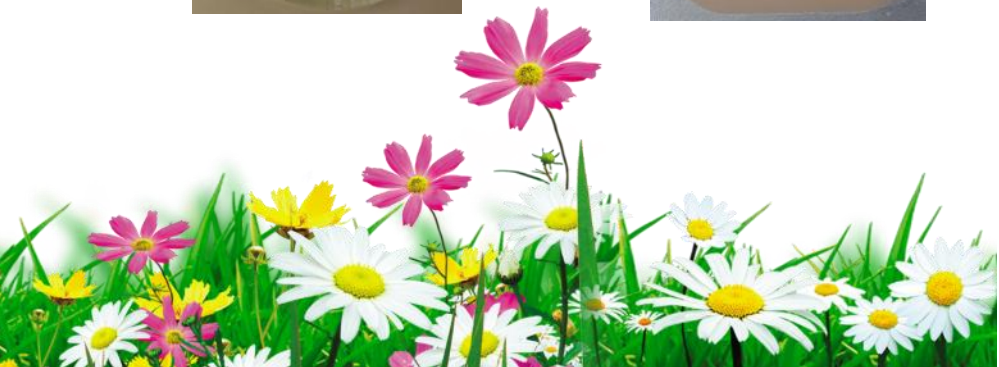
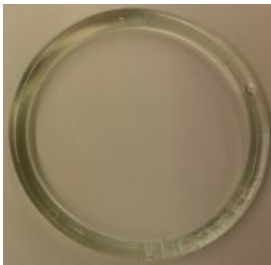
The adhesive patch is worn on the skin.

Good places to wear it are on the outside of the upper arm, the buttock, belly or the upper back.

Weekly dosage:

- One patch is kept in place for one week, after which it is replaced with a new one.
- After a period of three weeks of wearing the patch, a week-long break follows without the patch.

Menstruation occurs during the week-long break.



MINI PILL

Contains only progestin.

The use of the mini pill can be started at any time after labour, and the mini pill can be used while breastfeeding.

The pill must be taken regularly at the same time every day.

The mini pill should be taken continuously, without breaks.

Correctly used, the mini pill is an effective method of birth control.

It is usually suitable for women who cannot take the combined pill.



CONTRACEPTIVE IMPLANT

The contraceptive implant contains only progestin.

The contraceptive implant can be inserted anytime after giving birth.

The implant is placed under the skin of your upper arm under local anaesthetic.

The contraceptive implant is a long-term method of birth control. It is effective for 3 to 5 years, depending on the product. After that, the implant is removed under local anaesthetic.



INTRAUTERINE DEVICES, I.E. COILS

Hormone coil

Contains progestin.

Can be inserted into the womb in connection with the follow-up check.

An extremely effective method of birth control.

The hormone coil is effective for 3–7 years.

The use of the hormone coil reduces the amount of menstrual flow and cramps.

Coils don't require you to remember them and they protect you against pregnancy for

Copper coil

Contains no hormones.

Can be inserted into the womb in connection with the follow-up check.

The copper coil can be used while breastfeeding.

The copper coil is effective for 5 years

The copper coil is suitable for women who cannot take hormonal birth control.



Intrauterine devices, i.e. coils are placed in the womb!

CONDOM

A condom can be used immediately after labour.

Correctly used, the condom is a good birth control alternative before starting another method of contraception, or if you need to use contraception for only a fairly short time.

The use of a vaginal lubricant is recommended because the vaginal mucous membranes of a woman breastfeeding are thin and sensitive.



BREASTFEEDING



Breastfeeding only prevents pregnancy if
the child is less than 6 months old
AND

breast milk is the child's only food and the
mother breastfeeds regularly at intervals of 4
hours, also during the night
AND

the mother's menstruation has not returned



EMERGENCY CONTRACEPTION

In Finland, it is possible to buy emergency contraception products at the pharmacy if no birth control was used and you don't want to get pregnant.

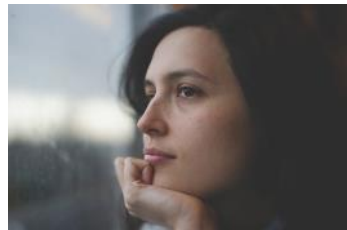
Emergency contraception should be taken as soon as possible after unprotected intercourse. Ask for more information from your nurse or at the pharmacy.

Emergency contraception is not suitable for regular use; it is only a stopgap.

STERILISATION

Sterilisation is suitable as a permanent method of birth control for either a woman or a man when the family has as many children as the parents want.

Sterilisation is not an infallible method of contraception, or even the most reliable.



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<https://projects.tuni.fi/niitty/>

www.facebook.com/niittyhanke/

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Sources and further information:

Raskauden ehkäisy. Current Care Guidelines. The Finnish Medical Society Duodecim, 2017 (cited on 15 November 2019). Available online: www.kaypahoito.fi

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