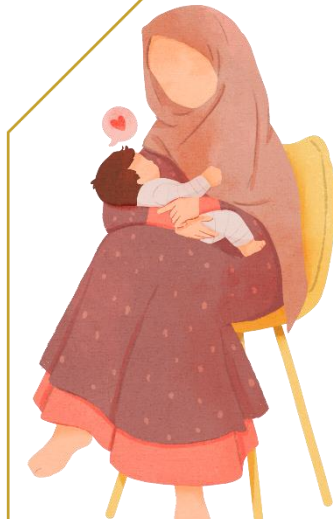




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Breastfeeding as Contraception



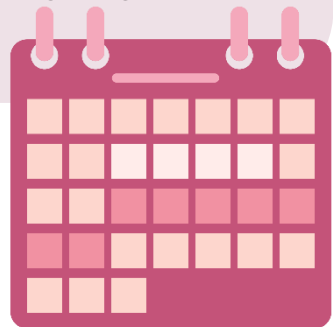
Can breastfeeding be used as contraception?

Yes, it can be used as a contraceptive method after giving birth immediately.

Without using any supplementary feeding or breast pumps for up to six months after giving birth.

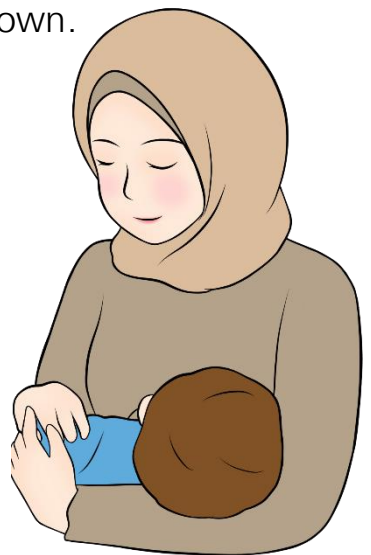


Remember! The effectiveness lies in using a consistent breastfeeding pattern that fully satisfies your baby day and night, in addition to having the age of your baby and the duration of breastfeeding is **six months** after giving birth.



How does breastfeeding work to prevent menopause and prevent pregnancy by inhibiting ovulation?

Breastfeeding increases the milk hormone prolactin, which indirectly affects the reduction or inhibition of ovulation. It also reduces the stimulation of the secretion of the hormone GnRH, which leads to a decrease in the luteinizing hormone (LH), which is one of the hormones that assist in the ovulation process. However, the exact mechanism by which the infant's breastfeeding movement affects the secretion of the gonadotropin-releasing hormone (GnRH) is still unknown.



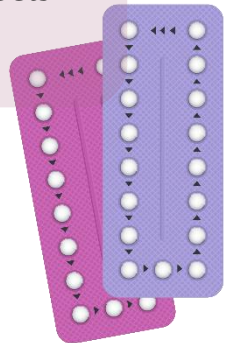
What are the ways to use hormonal contraceptive medications during breastfeeding?

Hormonal contraceptive medications can be used during breastfeeding immediately after giving birth and if the mother wishes to do so, as it helps to increase the rate of contraception. There are two types:

1- Progestin-only contraceptives (Oral contraceptive):

It is more **effective** when used during the first **six months** after giving birth.

It **DOES NOT** affect the amount or composition of milk or cause adverse effects on the infant.



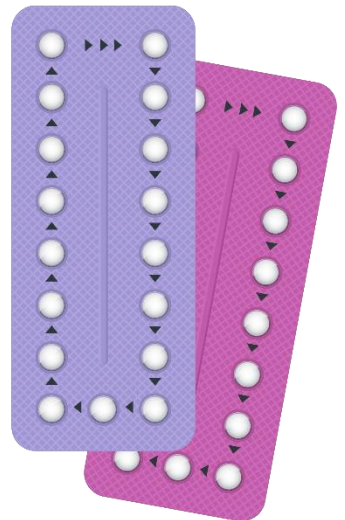
What are the ways to use hormonal contraceptive medications during breastfeeding?

2- Estrogen-containing methods (oral contraceptive):

Affects the amount or composition of milk **but DOES NOT** cause adverse effects to the infant.

Only can be used if these conditions were met:

- The baby is less than 6 months old.
- No menstrual cycle since the birth of the baby.
- Use only breastfeeding.



What are the advantages and disadvantages of using breastfeeding as contraception?

Advantages:

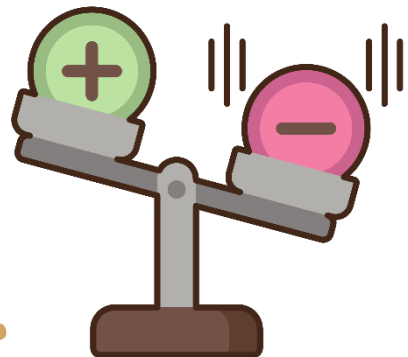
- Universally available.
- Begins immediately after giving birth.
- 98% effective or more.
- Strengthens the relationship between mother and baby.
- Enhanced the immune system for both mother and baby.
- Helps the mother stimulate uterine contractions immediately after giving birth.
- There are no side effects or medical interventions and it can be a bridge for other contraceptive.



What are the advantages and disadvantages of using breastfeeding as contraception?

Disadvantages:

- The duration is short and limited compared to other options.
- Consistent Breastfeeding pattern may be difficult to maintain.
- Full or nearly full breastfeeding may be difficult for some women to maintain due to social circumstances.
- Only useful for breastfeeding mothers exclusively for 6 months and then it becomes less effective.



Notes:



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Sources and references:

All pictures used are from Canva.

Review and Audit:

The content of this booklet has been reviewed by the Obstetrics and Gynecology Department at King Fahad Hospital of the University.

Obstetrics and Gynecology Department

Health awareness Unit

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