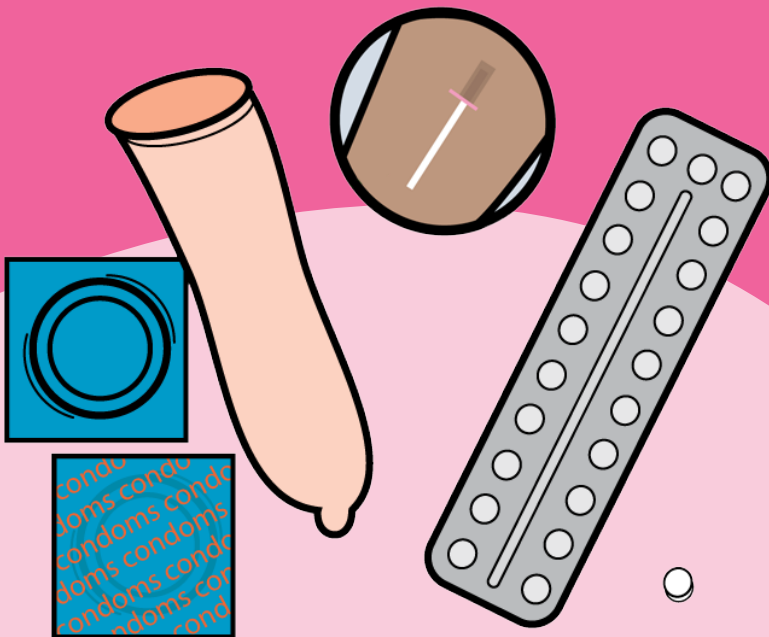


Contraception after having a baby

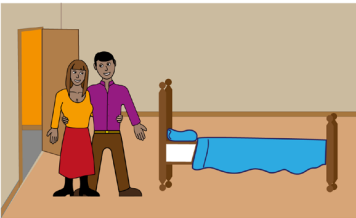
Information for patients



easy read



private place to have sex



sex



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

You may not feel like having sex straight away after you have had your baby.

You may feel sore and bruised and it may feel uncomfortable to have sex.

As soon as you are ready to have sex again you can get pregnant.

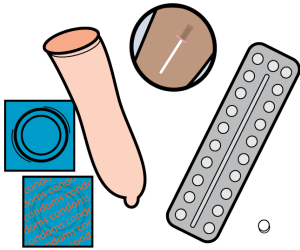
You can also get or spread sexually transmitted infections.

Not pregnant



It is important to think about contraception so you don't get pregnant when you don't want to.

contraception



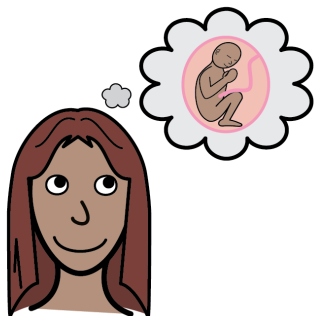
And so you protect yourself from getting or spreading sexually transmitted infections.

breastfeeding



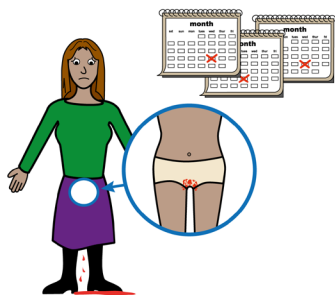
Breastfeeding can delay your periods but is not a contraceptive.

what



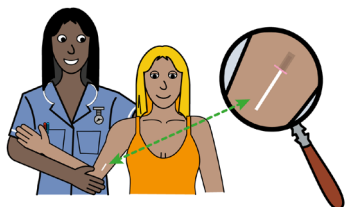
You can still get pregnant when breastfeeding.

periods



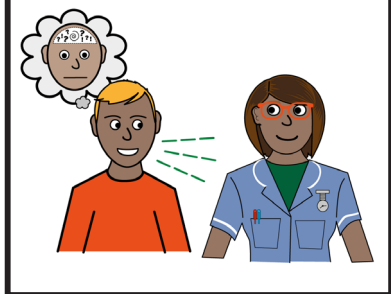
You can still get pregnant even if you haven't had a period after your baby has been born.

contraception implant or rod



Your midwife can arrange for you to have a contraceptive implant put in when you are in hospital having your baby.

talk to




Talk to your midwife, health visitor or GP if you are worried about anything to do with contraception or sex after a baby.

For more information please go to

[www.neclidnetwork.co.uk/
work-programmes/health-inequalities/maternity/](http://www.neclidnetwork.co.uk/work-programmes/health-inequalities/maternity/)

 @neclidnetwork

 england.learningdisabilitynetwork@nhs.net

Easy Read



This leaflet has been co-developed by Leeds Teaching Hospitals NHS Trusts which has kindly been shared so it can adopted by the North East & North Cumbria.