

Women's Associates, P.C.

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Planning Your Family

Many women want to know how long they have to wait after the baby arrives before they can have sex. If you have sex too soon after your baby is born, it may be painful and you can bleed.

After three to four weeks, you can usually have sex. By then your risk of bleeding and getting germs is small. But before you have sex after you have your baby, decide how soon you want another baby. You need time to get back on your feet. Your body needs time to get its full strength back. Spacing babies about two years apart is the best. Babies born less two years apart may be small and grow slowly. Their mothers have not gotten their strength back.

Different Ways to Avoid Becoming Pregnant

If you want to plan when you will become pregnant, there are a number of ways you can do this.

Using birth control pills is one good way. Start taking these pills three weeks after your baby has been born. But if you are breast-feeding, do not use birth control pills until your breast milk is flowing well. And remember, breast-feeding will not prevent pregnancy.

There is a new way not to become pregnant. It is called the implant. Little rods that look like matchsticks are put under your skin, usually in your arm. They can keep you from becoming pregnant for five years. To put the implant in your arm, you will have a short operation. This is usually done in the doctor's office. The doctor can take the implant out if you want to become pregnant again.

Another way to avoid becoming pregnant is with an IUD. This is a small plastic device that is placed in your uterus by a doctor. Women who have not had any children and women who have had many sex partners should not use it.

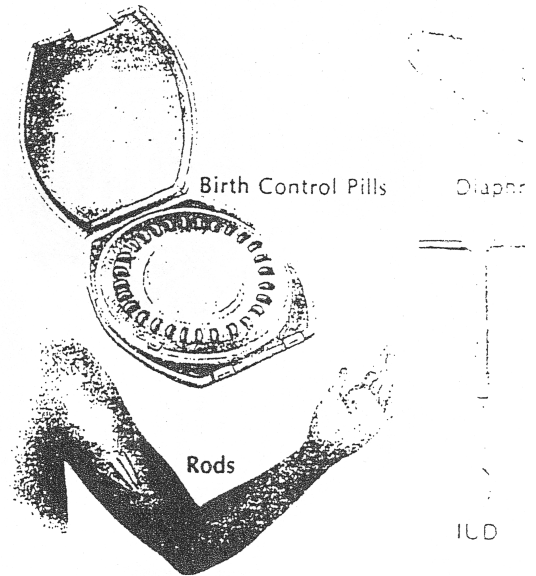
Other ways not to have a baby when you do not want one are called the "barrier methods." Barrier methods stop the man's sperm from reaching the woman's eggs. Most of these methods are used by the woman. One example is a diaphragm which looks like a small rubber dome and must be fitted by the doctor. A rubber or condom is used by the man and can be bought at the drugstore. The barrier methods are used with foams, jelly or cream you buy at the drugstore. These are called spermicides and kill the sperm. The condom is the only device which can prevent disease from being carried between the man and the woman.

The other way to avoid becoming pregnant is not to have sex at the time of the month when your chance of becoming pregnant is greatest. You must pick your time very carefully. Talk with your doctor about the kind of calendar you will need to keep.

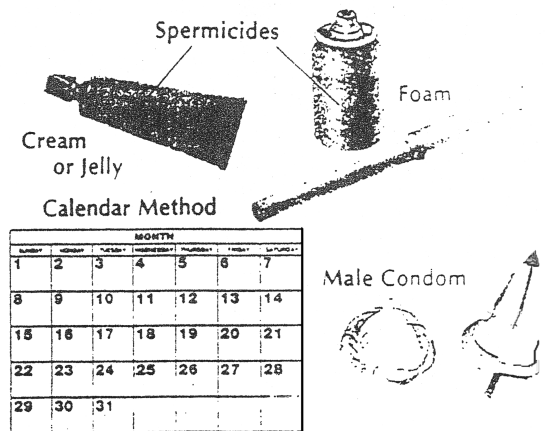
For women who do not want any more children, the easiest way not to become pregnant is to be sterilized. This means that either the woman or the man will have an operation that makes it almost impossible for the woman to become pregnant. Be sure that you do not want to have any more children before one of you is sterilized.

Learn how the method you want to use works. Find out what side effects you might have with the method you choose. Most important, make sure the method you choose suits you. Your doctor or clinic nurses will talk with you about this. You can choose when to have your next baby.

You need a doctor's prescription for these:



You do not need a doctor's prescription for these:



Barrier methods stop the sperm from entering here

