

CONTRACEPTION

Overview:

The postpartum period is an ideal time to access contraception services, as women are known to not be pregnant, they are likely motivated to initiate contraception, and are under the care of medical providers with the appropriate expertise.

The choice of a contraceptive method is a complex decision; medical providers have an important role in providing information and supporting patients' decision making about contraceptive methods through contraceptive counseling.

Why We Recommend this Best Practice

It is important that people have access to the full range of contraceptive options and are provided with voluntary contraceptive counseling to decide if they want contraception or not. Patient-centered contraceptive counseling and access to contraceptive services should be a routine part of reproductive health to minimize the risk of unplanned pregnancy.

Strategies for Implementation

Strategy 1: If your hospital is not engaged with Upstream USA, we encourage you to explore their [contraceptive care training for staff and clinicians](#)

Strategy 2: [PICCK offers a one-stop-shop](#) on information related to patient counseling, consent, and the provision of contraception immediately after giving birth or before leaving the hospital

Additional Resource:

- [Postpartum Birth Control](#)