



Weekly Provider News

September 23, 2015

Post-pregnancy Contraception

The Office of Family Planning at the Department of Health Care Services has issued a Clinical Practice Alert (CPA) addressing the importance of post-pregnancy contraception.

Some key points from the CPA:

- Maternal and infant health outcomes are best when women wait at least 18 months after delivery to become pregnant again.
- Breastfeeding is important for the health of mothers and babies. Women who are not exclusively breastfeeding can ovulate by three weeks postpartum.
- Postpartum women face increased risk of venous thromboembolism (VTE) for 12 weeks after delivery.
- Women who use an implant or intrauterine contraception (IUC) postpartum face no additional risk of VTE and are three times more likely to have optimal subsequent inter-pregnancy intervals than those who use barrier contraception postpartum.
- Women at low-risk of VTE may begin to use estrogen after three weeks postpartum.
- An IUC or implant can be placed immediately after delivery, pregnancy termination, or miscarriage.

The full CPA can be found at the following link: http://www.familypact.org/Providers/clinical-practice-alerts/CPA_PostpregnancyContraception_ADA.pdf.

Questions?

Contact your Provider Services Representative or call Provider Services at (800) 700-3874 ext. 5504