

upstream^{USA}

Postpartum Contraception Resource Guide



Table of Contents

CDC Medical Eligibility Criteria for Contraceptive Use Postpartum	6
Managing Contraception Guide	7
Society Guidelines and Recommendations	7
American College of Obstetricians and Gynecologists (ACOG)	7
Academy of Breastfeeding Medicine (ABM)	8
Society of Family Planning (SFP)	8
Society for Maternal-Fetal Medicine (SMFM)	8
References and Resources by Topic	8
Breastfeeding and Postpartum Contraception	8
Interpregnancy interval	8
Lactational Amenorrhea Method (LAM)	9
Postpartum Use of the Intrauterine Device (IUD) and Implant	9
Postpartum Permanent Contraception	9
Video Resources for IUDs and The Implant	10
National Organizations	10
Partners in Contraceptive Choice and Knowledge (PICCK)	10
ACOG's Postpartum Contraceptive Access Initiative (PCAI)	10
Slides From Upstream's Virtual Instructor-Led Training: Immediate Postpartum Contraception	10

Postpartum Contraception Clinician Resource Guide

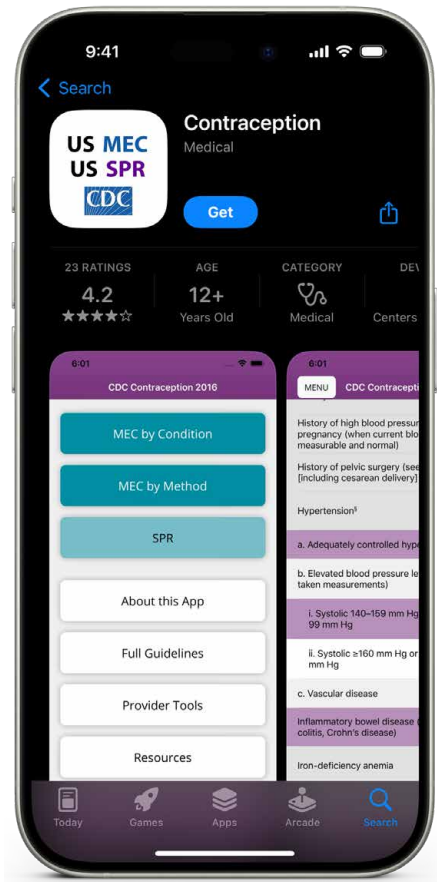
We are excited to share our Upstream Postpartum Contraception Clinician Resource Guide with you. We created this guide as a comprehensive repository for the key guidelines, resources and references that inform our eLearning and virtual instructor-led training related to postpartum contraception. These are high-yield, evidence-based resources and guidelines, and they have been reviewed by our clinical team at Upstream. In addition, we include multimedia resources, information on related national organizations, and materials that we created at Upstream to help support you in your journey of providing high-quality, equitable, evidence-based, patient-centered postpartum contraceptive care.

This guide will be updated regularly and the current version is available to our learners in our Training Center. Please be aware that while we have made every effort to include a wide range of valuable resources, this guide may not cover every available resource or dedicated organization in this ever-changing field.

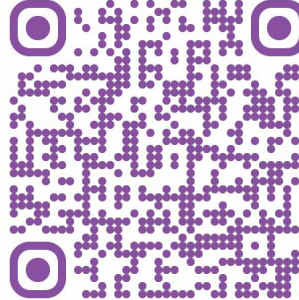
While this resource guide is specific to postpartum contraceptive considerations, please also see our [Upstream Clinician Resource Guide](#) for resources beyond the postpartum context.

Resources

1. CDC Medical Eligibility Criteria for Contraceptive Use Postpartum



iPhone Users, scan this QR Code:



Android Users, scan this QR Code:



- [CDC Contraception app](#), including links to the Medical Eligibility Criteria for Contraceptive Use (MEC) and Selected Practice Recommendations for Contraceptive Use (SPR)
- How to use the US MEC and US SPR App [YouTube video](#)
- Centers for Disease Control and Prevention (CDC). [Update to CDC's U.S. Medical Eligibility Criteria for Contraceptive Use, 2010: revised recommendations for the use of contraceptive methods during the postpartum period](#). MMWR Morb Mortal Wkly Rep. PMID: 21734635

2. Managing Contraception Guide

Managing Contraception: For Your Pocket is a reference guide that is available for you to download as part of your Upstream training experience. The guide offers a comprehensive overview of contraceptive methods and family planning essentials, including counseling, method selection, up-to-date evidence, and guidelines.

If you did not receive your download link during Upstream’s instructor-led training, you can download a digital version of the Managing Contraception Guide by selecting [this link](#) or scanning the QR Code below:



3. Society Guidelines and Recommendations

3.1. American College of Obstetricians and Gynecologists (ACOG)

- [Long-Acting Reversible Contraception: Implants and Intrauterine Devices, Practice Bulletin No. 186](#), November 2017. PMID: 29064972
- [Optimizing Postpartum Care, Committee Opinion No. 736](#), May 2018. PMID: 9683911
- [Obstetric Care Consensus No. 8 Summary: Interpregnancy Care](#). Obstet Gynecol. 2019 Jan;133(1):220-225. PMID: 30575670
- [Use of Hormonal Contraception in Women With Coexisting Medical Conditions, Practice Bulletin No. 206](#), February 2019. PMID: 0681544
- [Access to Postpartum Sterilization, Committee Opinion No. 827](#), June 2021. PMID: 3760784
- [Patient-Centered Contraceptive Counseling: Committee Statement No. 1](#), February 2022. PMID: 350613141
- [Improving Access to Intrauterine Devices and Contraceptive Implants: Committee Statement No. 5](#), April 2023. PMID: 36961974
- [Permanent Contraception: Ethical Issues and Considerations: Committee Statement No. 8](#), February 2024. PMID: 38237165

3.2. Academy of Breastfeeding Medicine (ABM)

- Berens P, Labbok M; Academy of Breastfeeding Medicine. [ABM Clinical Protocol #13: Contraception During Breastfeeding, Revised](#) 2015. Breastfeed Med. 2015 Jan-Feb;10(1):3-12. PMID: 25551519.

3.3. Society of Family Planning (SFP)

- Amy K Whitaker, Beatrice A Chen. [Society of Family Planning Guidelines: Postplacental insertion of intrauterine devices.](#) Contraception. 2018 Jan;97(1):2-13. PMID: 28987293

3.4. Society for Maternal-Fetal Medicine (SMFM)

- [SMFM Consult Series #48: Immediate postpartum long-acting reversible contraception for women at high risk for medical complications.](#) Am J Obstet Gynecol. 2019 May;220(5):B2-B12. PMID: 30738885

4. References and Resources by Topic

4.1. Breastfeeding and Postpartum Contraception

- Phillips S.J., Tepper N.K., Kapp N., Nanda K., Temmerman M., Curtis K.M. [Progestogen-only contraceptive use among breastfeeding women: a systematic review.](#) Contraception. 2016; 94: 226-252. PMID: 26410174
- Kapp N. and Curtis K.M. [Combined oral contraceptive use among breastfeeding women: a systematic review.](#) Contraception. 2010; 82: 10-16. PMID: 20682139
- Bryant AG, Lyerly AD, DeVane-Johnson S, Kistler CE, Stuebe AM. [Hormonal contraception, breastfeeding and bedside advocacy: the case for patient-centered care.](#) Contraception. 2019 Feb;99(2):73-76. PMID: 30423320
- Henkel A., Lerma K., Reyes G., Gutow H., Shaw J.G., Shaw K.A. [Lactogenesis and breastfeeding after immediate vs delayed birth-hospitalization insertion of etonogestrel contraceptive implant: a noninferiority trial.](#) Am J Obstet Gynecol. 2023 Jan;228(1):55.e1-55.e9. PMID: 35964661

4.2. Interpregnancy interval

- White K, Teal SB, Potter JE. [Contraception after delivery and short interpregnancy intervals among women in the United States.](#) Obstet Gynecol. 2015 Jun;125(6):1471-1477. PMID: 26000519
- Conde-Agudelo A, Rosas-Bermúdez A, Kafury-Goeta AC. [Birth spacing and risk of adverse perinatal outcomes: a meta-analysis.](#) JAMA. 2006 Apr 19;295(15):1809-23. PMID: 16622143.
- McKinney D, House M, Chen A, Muglia L, DeFranco E. [The influence of interpregnancy interval on infant mortality.](#) Am J Obstet Gynecol. 2017 Mar;216(3):316.e1-316.e9. PMID: 28034653.
- Stamilio DM, DeFranco E, Paré E, Odibo AO, Peipert JF, Allsworth JE, Stevens E, Macones GA. [Short interpregnancy interval: risk of uterine](#)

rupture and complications of vaginal birth after cesarean delivery.

Obstet Gynecol. 2007 Nov;110(5):1075-82. PMID: 17978122.

- Congdon JL, Baer RJ, Arcara J, Feuer SK, Gómez AM, Karasek D, Oltman SP, Pantell MS, Ryckman K, Jelliffe-Pawlowski L. *Interpregnancy Interval and Birth Outcomes: A Propensity Matching Study in the California Population.* Matern Child Health J. 2022 May;26(5):1115-1125. PMID: 35260953.

4.3. Lactational Amenorrhea Method (LAM)

- *CDC Lactational Amenorrhea Method Review and References*
- Kennedy K.I. and Visness C.M. *Contraceptive efficacy of lactational amenorrhoea.* Lancet. 1992; 339: 227-230. PMID: 1346183
- Van der Wijden C. and Manion C. *Lactational amenorrhoea method for family planning.* *Cochrane Database Syst Rev.* 2015; 10CD001329. PMID: 26457821

4.4. Postpartum Use of the Intrauterine Device (IUD) and Implant

- Reed et al. *Intrauterine device-related uterine perforation incidence and risk (APEX-IUD): a large multisite cohort study.* Lancet. 2022 Jun 4;399(10341):2103-2112. PMID: 35658995
- Averbach et al. *Expulsion of intrauterine devices after postpartum placement by timing of placement, delivery type, and intrauterine device type: a systematic review and meta-analysis.* Am J Obstet Gynecol. 2020 Aug;223(2):177-188. PMID: 32142826
- Wilson S, Tennant C, Sammel MD, Schreiber C. *Immediate postpartum etonogestrel implant: a contraception option with long-term continuation.* Contraception. 2014 Sep;90(3):259-64. PMID: 24993485
- Sothornwit et al. *Immediate versus delayed postpartum insertion of contraceptive implant and IUD for contraception.* Cochrane Database of Systematic Reviews 2022, Issue 10. PMID: 36302159

4.5. Postpartum Permanent Contraception

- Thurman AR, Janecek T. *One-year follow-up of women with unfulfilled postpartum sterilization requests.* Obstet Gynecol. 2010 Nov;116(5):1071-7. PMID: 20966691.
- Wolfe KK, Wilson MD, Hou MY, Creinin MD. *An updated assessment of postpartum sterilization fulfillment after vaginal delivery.* Contraception. 2017 Jul;96(1):41-46. PMID: 28578151.
- Deshpande NA, Labora A, Sammel MD, Schreiber CA, Sonalkar S. *Relationship between body mass index and operative time in women receiving immediate postpartum tubal ligation.* Contraception. 2019 Aug;100(2):106-110. PMID: 31082395.

5. Video Resources for IUDs and the Implant

- ACOG [LARC video series](#) was created by ACOG in collaboration with the Innovating Education in Reproductive Health program at the University of California, San Francisco Bixby Center for Global Reproductive Health. It covers a variety of clinical topics related to the provision of IUDs and the Implant, including use immediately after delivery.
- [ACOG Immediate Post-Placental IUD Placement Video](#)

6. National Organizations

6.1. Partners in Contraceptive Choice and Knowledge (PICCK)

[PICCK](#) is an innovative clinical and public health program in Massachusetts dedicated to enhancing contraceptive choice and effective counseling. Its mission is “to promote excellence and equity in contraceptive care through provider education and practice transformation.” Although grant funding for PICCK ended in the fall of 2023, its resources are all available online, including [practice resources](#) and [patient resources](#). They have a variety of specific resources related to [postpartum contraception](#).

6.2. ACOG’s Postpartum Contraceptive Access Initiative (PCAI)

The mission of ACOG’s [PCAI](#) is “to ensure all people have access to the full range of postpartum contraceptive methods before leaving the hospital after a delivery.” The ACOG LARC Program created PCAI in consultation with more than 20 family planning clinicians and experts, many of whom implemented immediate postpartum LARC at their own institution. The insights and best practices gleaned from these experts inform the PCAI program design. They have a number of valuable resources on their website, as well as direct support opportunities for program implementation.

7. Slides from Upstream’s Virtual Instructor-Led Training: Postpartum Contraception in Practice

Please select [this link](#) or scan the QR Code below to access the Virtual Instructor-Led Training: Immediate Postpartum Contraception slide deck.

ALL Users, scan this QR Code:




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