

Make A Reproductive Life Plan!

Studies in the United States indicate a modest increase in risk associated with pregnancy intervals fewer than 18 months.

Significant risk has been observed in pregnancy intervals of fewer than 6 months.

Contraception counseling and education is critical in reducing complications and risk in pregnancies.



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MommyWise

A program of the Indiana Rural Health Association

Reproductive Life Planning, Contraception, & Sexual Health



Questions to Consider in Your Reproductive Plan

When do you want to get pregnant?

Would you like to become pregnant in the next year?

If you just had a baby, do you want another? When?

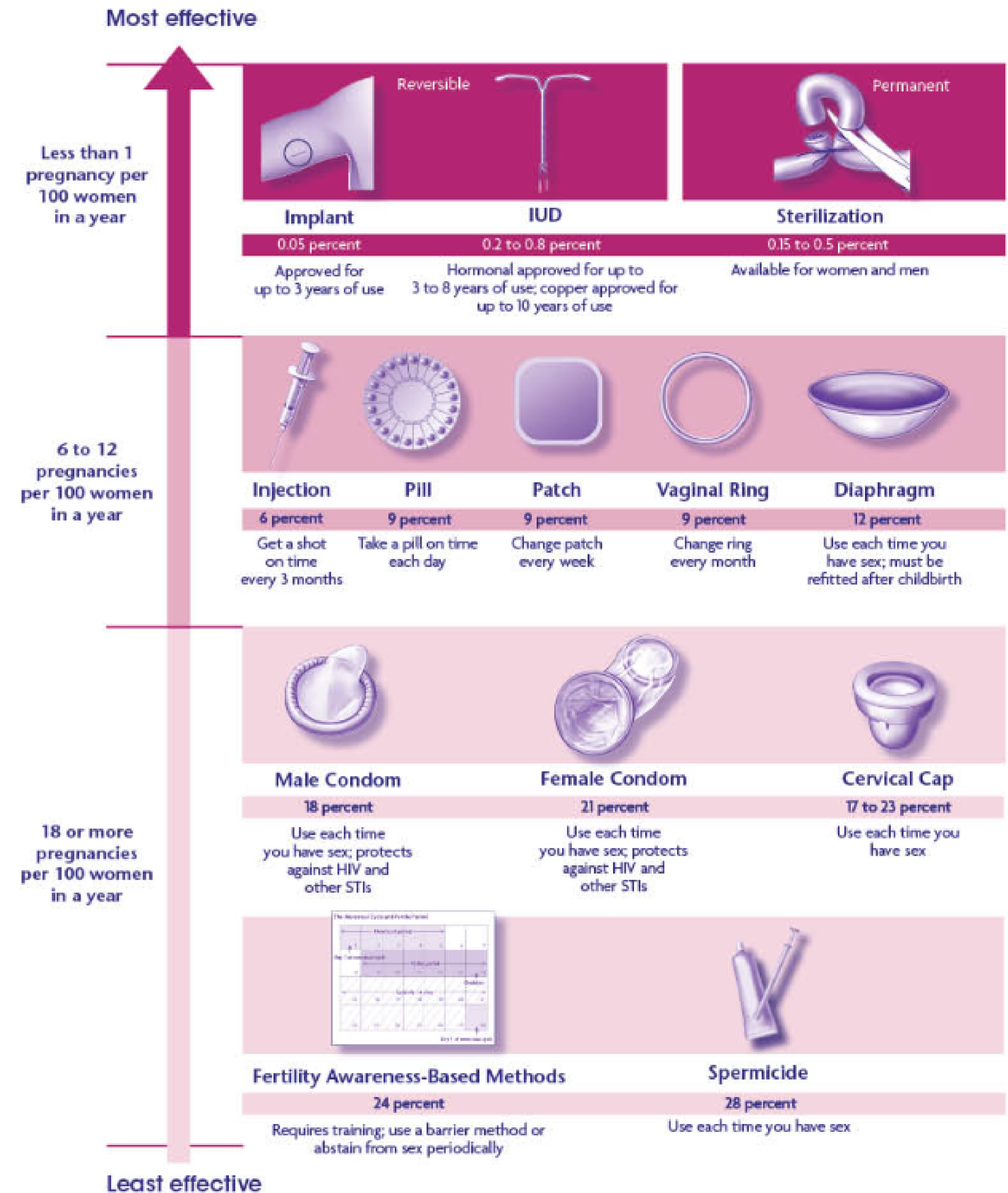
Talk with your healthcare provider about tailored contraceptive recommendations for future pregnancy plans, preferences, and medical comorbidities (diabetes, hypertension, etc.)

Consider sexual health by history (readiness for sexual activity, sexually transmitted infection risk, sexual abuse, and sexual dysfunction).

Talk with your healthcare provide about your reproductive plan!



Effectiveness of Birth Control Methods*



Reproductive life planning, contraception, and sexual health are issues for **ALL** patients in the postpartum period.