

Can breastfeeding be used as a method of contraception?

Yes. Breastfeeding can be used as a method of contraception but only if you follow these rules:

- ✓ Your baby is under six months old.
 - ✓ Your monthly periods have not returned.
 - ✓ Your baby is fully or nearly fully breastfed.
- **Fully breastfed** means your baby gets all food from suckling at the breast.
 - **Nearly fully breastfed** means, in addition to breastfeeding, vitamins, minerals, juice, water or any other foods are given infrequently (no more than one or two mouthfuls a day).
 - **To be fully breastfed or nearly fully breastfed**, your baby should go no more than four hours between breastfeeding during the day. At night your baby should go no more than six hours between breastfeedings.

This method of contraception is called Lactational Amenorrhea Method.

L = Lactational means breastfeeding

A = Amenorrhea means having no monthly period

M = Method

Can I use the Lactational Amenorrhea Method (LAM)?

If you answer “Yes” to all of the four statements below, LAM may be a good method for you to use:

1. My baby is less than six months old.
2. My monthly period has not returned.
3. My baby is fully or nearly fully breastfed.
4. I am breastfeeding at least every four hours during the day and at least every six hours at night.



If you answer “No” to any of these statements, begin another method of contraception. Keep breastfeeding as often as you can for your baby’s health.

To use LAM effectively, you need additional detailed information. For more information on LAM and other methods of contraception, call:

Health Line Peel
905-799-7700

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Breastfeeding and Contraception (Birth Control)



Region of Peel
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Public Health

If you are breastfeeding and don't want to get pregnant, here are your options:

Method	Effect on Breastfeeding
<p>Breastfeeding as Contraception, or LAM (Lactational Amenorrhea Method)* Rules to follow: 1. Your baby is less than six months 2. Your monthly periods have not returned. 3. Your baby is fully or nearly fully breastfed.</p>	None
<p>Condoms (Male) Thin covering of latex (or polyurethane) that is rolled onto the erect penis to stop sperm from going into your vagina.</p>	None
<p>Condoms (Female) Polyurethane sheath that lines the vagina to stop sperm from going into the vagina</p>	None
<p>Spermicides (Foam, Gel, Sponge, Vaginal Contraceptive Film) All contain chemicals that kill sperm. These methods are inserted into your vagina before intercourse.</p>	None
<p>Diaphragm and Spermicide, Cap and Spermicide Rubber barriers that are placed inside your vagina before intercourse to cover the cervix.</p>	None
<p>Intra-Uterine Device (I.U.D.) The I.U.D. is a small piece of plastic, usually wrapped with copper. A doctor inserts this inside your uterus. It usually works by preventing sperm from reaching an egg.</p>	None
<p>Fertility Awareness Methods These methods require special teaching and are difficult to use before your periods start again.</p>	None
<p>Birth Control Pill (Oral contraceptive)/Birth Control Patch Contains hormones (progestin and estrogen) that stop an egg from being released each month and make vaginal mucus thicker.</p>	No proven effect on infant from hormones. Estrogen may reduce milk supply.
<p>Mini Pill Contains progestin only, which is a hormone that stops an egg from being released each month and makes vaginal mucus thicker. This stops you from getting pregnant.</p>	No proven effect on infant from hormones. Effects on milk supply are still being studied.
<p>Injectables (Depo Provera) A doctor gives you an injection of Depo Provera once every three months. It contains progestin, which thickens vaginal mucus and stops ovulation.</p>	No proven effect on infant from hormones. Effects on milk supply are still being studied.
<p>Vasectomy (Male Sterilization) A doctor cuts the tubes that carry sperm from the testicles. This is done in a doctor's office. This is a permanent method.</p>	None
<p>Tubal Occlusion (Female Sterilization) A doctor cuts or blocks the tubes that carry the eggs to the uterus. This is done in a hospital. This is a permanent method.</p>	None
<p>Emergency Contraceptive Pills (ECP) You must take these pills (containing hormones) as soon as possible and within 72 hours of unprotected sex. This is an emergency method.</p>	No proven effect on infant from hormones. May reduce milk supply temporarily.

• For more details, please see back of brochure.