

Family Planning and the Potential Impact on Breastfeeding

Breastfeeding Curriculum, updated 2021

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Lactational Amenorrhea Method (LAM) Algorithm

Lactational Amenorrhea Method (LAM) is temporary postnatal infertility when a woman is amenorrheic (not menstruating). **What are the three questions that providers want postnatal patients to ask themselves to see if LAM is an effective option?**

Question 1

Question 2

Question 3



Lactational Amenorrhea Method (LAM) Algorithm

What are the three questions that providers want postnatal patients to ask themselves to see if LAM is an effective option?

Question 1: Have your menses returned?

No

Yes

Question 2: Are you supplementing regularly or allowing long periods without breastfeeding?

No

Yes

Question 3: Is your baby more than 6 months old?

No

Yes

Begin a method of contraception besides LAM and maintain breastfeeding for infant health and nutrition.

There is only a 1-2% chance of pregnancy. No additional contraception necessary at this time.

If any of the 3 questions becomes a YES

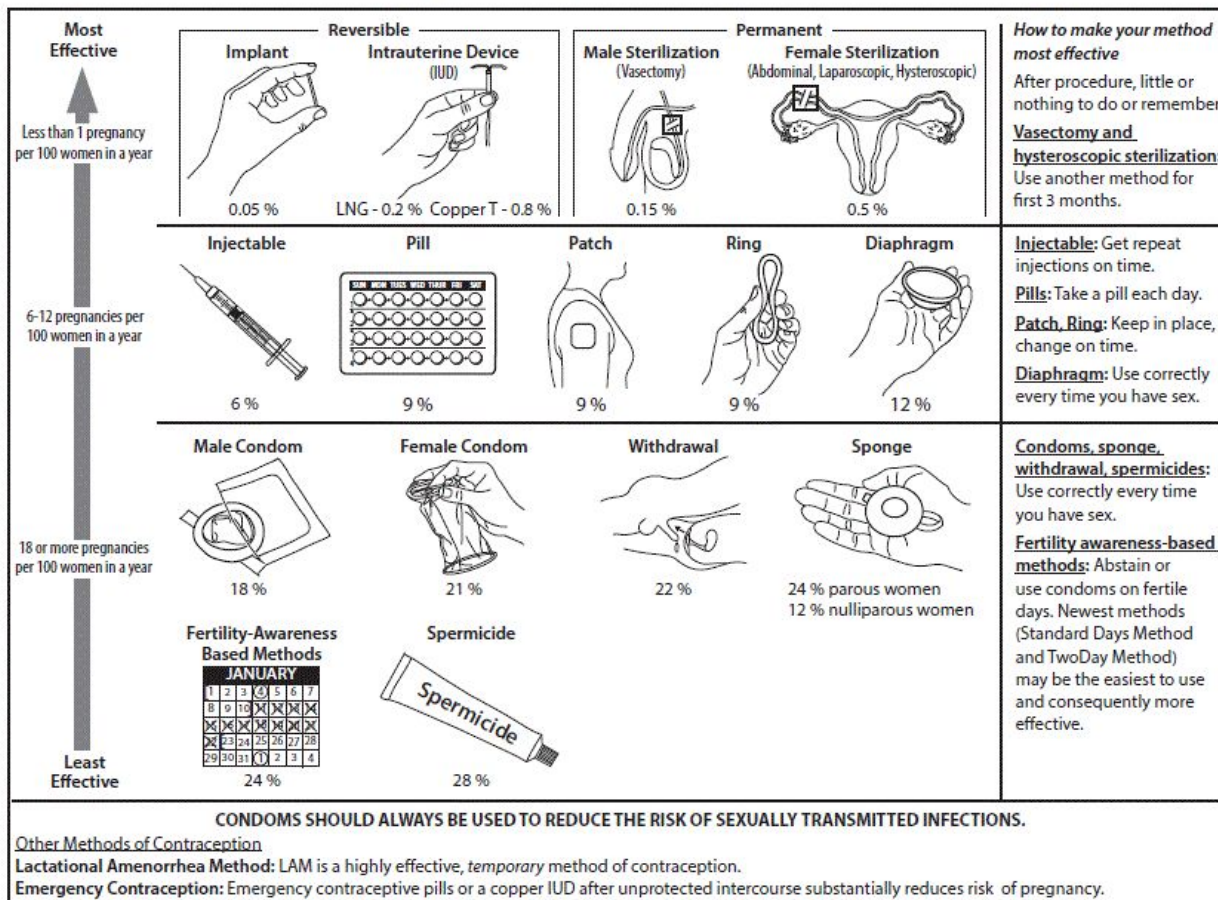


Contraception for Those Breastfeeding

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FIGURE. Effectiveness of family planning methods*



CONDOMS SHOULD ALWAYS BE USED TO REDUCE THE RISK OF SEXUALLY TRANSMITTED INFECTIONS.

Other Methods of Contraception

Lactational Amenorrhea Method: LAM is a highly effective, temporary method of contraception.

Emergency Contraception: Emergency contraceptive pills or a copper IUD after unprotected intercourse substantially reduces risk of pregnancy.



Contraception Options for Breastfeeding

Categorize each method based on the CDC medical eligibility criteria for a breastfeeding woman:

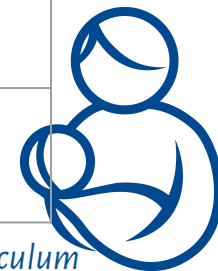
1=a condition for which there is no restriction for the use of the contraceptive method.

2=a condition for which the advantages of using the method generally outweigh the theoretical or proven risks.

3=a condition for which the theoretical or proven risks usually outweigh the advantages of using the method.

4=a condition that represents an unacceptable health risk if the contraceptive method is used.

	Days postpartum			
	<21	21 - <30	30 - 42	>42
Implants				
Depot medroxyprogesterone acetate (DMPA)				
Progestin-only Pill (POP)				
Combined hormonal contraceptive (CHCs)				



*with no other risk factors for **Venous thromboembolism (VTE)**

Contraception Options for Breastfeeding-ANSWERS

Categorize each method based on the CDC medical eligibility criteria for a breastfeeding woman:

1=a condition for which there is no restriction for the use of the contraceptive method.

2=a condition for which the advantages of using the method generally outweigh the theoretical or proven risks.

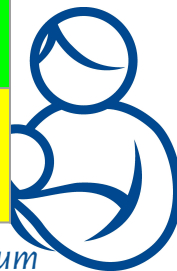
3=a condition for which the theoretical or proven risks usually outweigh the advantages of using the method.

4=a condition that represents an unacceptable health risk if the contraceptive method is used.

	Days postpartum			
	<21	21 - <30	30 - 42	>42
Implants	2	2	1	1
Depot medroxyprogesterone acetate (DMPA)	2	2	1	1
Progestin-only Pill (POP)	2	2	1	1
Combined hormonal contraceptive (CHCs)	4	3	2*	2

*with no other risk factors for **Venous thromboembolism (VTE)**

Source: https://www.cdc.gov/reproductivehealth/contraception/pdf/summary-chart-us-medical-eligibility-criteria_508tagged.pdf



Contraception Options for Breastfeeding

Categorize the following methods into the table based on the CDC medical eligibility criteria for a breastfeeding woman: Copper-containing Intrauterine device (Cu-IUD), Levonorgestrel-releasing intrauterine device (LNG-IUD)

1=a condition for which there is no restriction for the use of the contraceptive method.

2=a condition for which the advantages of using the method generally outweigh the theoretical or proven risks.

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4=a condition that represents an unacceptable health risk if the contraceptive method is used.

	Postpartum Period (PP)		
	Immediate PP	<4 weeks PP	>4 weeks PP
Cu-IUD			
LNG-IUD			



Contraception Options for Breastfeeding-ANSWERS

Categorize the following methods into the table based on the CDC medical eligibility criteria for a breastfeeding woman: Copper-containing Intrauterine device (Cu-IUD), Levonorgestrel-releasing intrauterine device (LNG-IUD)

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	Postpartum Period (PP)		
	Immediate PP	<4 weeks PP	>4 weeks PP
Cu-IUD	1	2	1
LNG-IUD	1	2	1



Acknowledgement Slide

This slide deck was supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$200,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by American Academy of Pediatrics, CDC/HHS, or the U.S. Government.

Thank you to the Project Advisory Committee organizations:

- American Academy of Pediatrics (AAP), Lead Organization
- Academy of Breastfeeding Medicine (ABM)
- American Academy of Family Physicians (AAFP)
- American College of Obstetricians and Gynecologists (ACOG)
- American College of Osteopathic Pediatricians (ACOP)
- Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN)
- National Hispanic Medical Association (NHMA)
- National Medical Association (NMA)
- Reaching Our Sisters Everywhere (ROSE)
- United States Breastfeeding Committee (USBC)

Thank you to the many expert reviewers of these curriculum resources!

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Thank you to the Project Advisory Committee members:

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