

# YOU MADE A GREAT CHOICE!

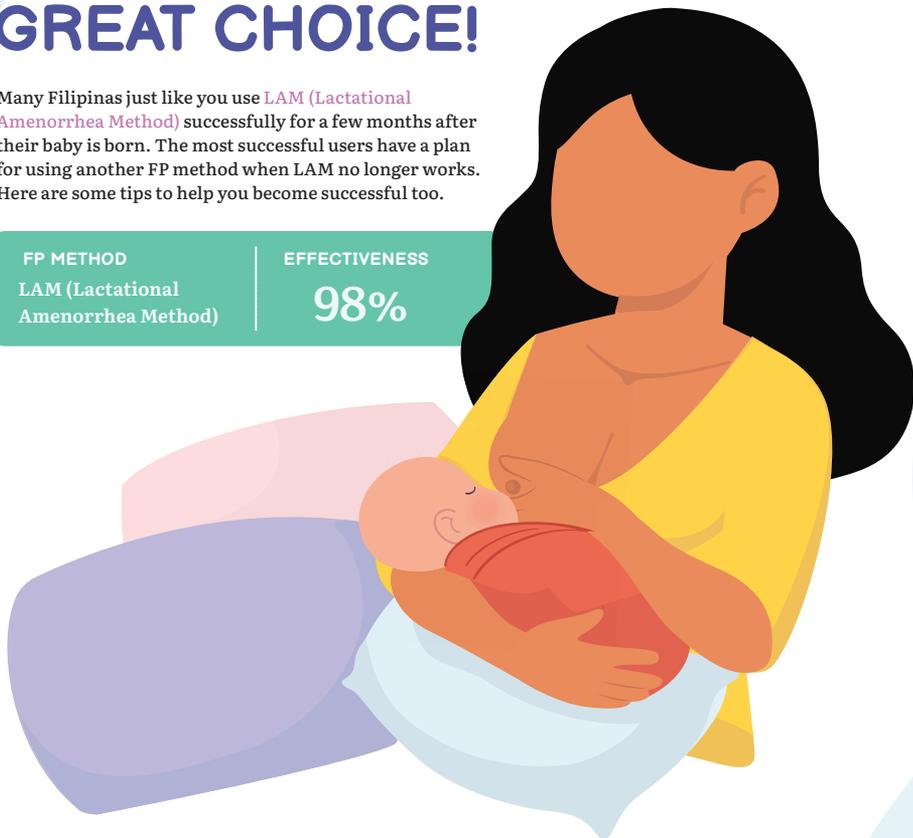
Many Filipinas just like you use **LAM (Lactational Amenorrhea Method)** successfully for a few months after their baby is born. The most successful users have a plan for using another FP method when LAM no longer works. Here are some tips to help you become successful too.

**FP METHOD**

LAM (Lactational Amenorrhea Method)

**EFFECTIVENESS**

**98%**



**HOW TO USE IT:**

*If even one of these conditions is not met, you might get pregnant again soon.*

LAM can prevent another pregnancy if **all 3 conditions are met:**



**You are exclusively breastfeeding.**

This means that you don't give your baby any water, other drinks, or solids and that you breastfeed at least every 4 hours during the day and every 6 hours at night.

YES  NO



**Your period (menses) have not returned.**

YES  NO



**Your baby is less than 6 months old.**

YES  NO

**MY BABY WAS BORN ON:** \_\_\_\_\_.

I will get another FP method on: \_\_\_\_\_ (month/year).

*(Date when your baby is 3 or 4 months old. If you stop fully breastfeeding or your period returns, you need to return to the clinic sooner.)*

**MY PROVIDER'S NAME IS:** \_\_\_\_\_.

Their address is: \_\_\_\_\_.

Their phone number is: \_\_\_\_\_.



### TIPS FOR SUCCESS

LAM is a great benefit of exclusive breastfeeding, but it only works for a short while. Here are some tips to keep in mind so you don't get pregnant again before you want to:

- ☞ Make a plan to get another FP method a **few weeks after your baby is born**.
- ☞ Talk to your partner about which FP method will work best for your family.
- ☞ Go to your health care provider when your **baby is 3 or 4 months old**, or if you are **no longer protected from pregnancy by all of the conditions of LAM or exclusively breastfeeding**, and get a new FP method.

### FP FOR BREASTFEEDING WOMEN

You don't have to stop breastfeeding to use FP! There are several types of FP you can use when you are not protected from pregnancy by LAM anymore (your baby is six months old, your period returned, or you are not exclusively breastfeeding). These will not affect your breastmilk or your baby:

- ☞ **BTL (BILATERAL TUBAL LIGATION)**—an operation that will prevent you from becoming pregnant again. This is a permanent FP option.
- ☞ **IMPLANTS**—small, plastic rods that are inserted under the skin of your upper arm. Good for 3 to 5 years.
- ☞ **IUD**—a small device that is inserted in your uterus. Good for 5 to 12 years, depending on the type (IUD with copper: 10 to 12 years, or IUD with the levonorgestrel hormone: 5 years).
- ☞ **INJECTABLE**—you get a shot in your upper arm. Good for 2 or 3 months.
- ☞ **PILLS**—you take one pill every day. Pills for breastfeeding mothers are called progestin-only pills (POPs). One pack lasts 1 month. You can still take POP even after 6 months as long as you are breastfeeding.
- ☞ **CONDOMS**—you and your partner use one condom each time you have sex.

For more information, go to [WWW.USAPTAYOSAFF.COM.PH](http://WWW.USAPTAYOSAFF.COM.PH) or contact the Usap Tayo sa FP Helpline at **09175970770** and **09988652810**.

 **USAP TAYO SA FP (POPCOM)**

 **HEALTHY PILIPINAS (DOH)**



**POPCOM**  
Empowering Filipino Families



**USAID**  
FROM THE AMERICAN PEOPLE