

Family Planning

What is Interconception Care?

Interconception Care (ICC) is the care that is given to women/birthing people **BETWEEN** pregnancies.

It allows us to identify and address risk factors prior to the next pregnancy. Early and adequate prenatal care is not enough to prevent premature and low birth weight infants.



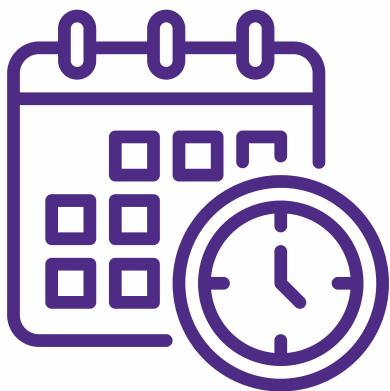
Smoking

Depression

Family Planning

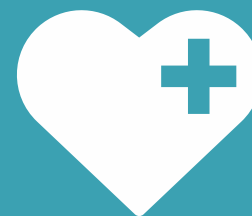
Multivitamin Use

Birth Spacing



The recommended time between pregnancies is **18 months**

Research shows that getting pregnant less than 12 months after you had your baby can increase the risk that your baby will be born too early



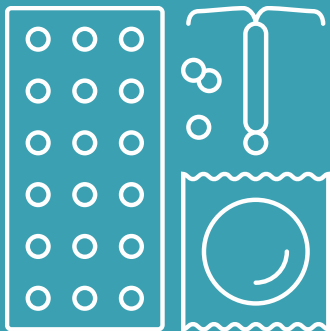
Recovery

Taking space in between pregnancies can give you more time to recover **physically and emotionally** from your previous pregnancy

Birth Control

Is the best way to prevent pregnancy. Types of birth control include:

- IUD
- Implant
- Shot
- Pill
- Patch
- Vaginal Ring
- Condoms
- Emergency Contraception
- Spermicide & Gel
- Fertility Awareness
- Withdrawal/Pull Out Method
- Permanent Sterilization



Talk to your provider about the best form of birth control for you!



FAMILY PLANNING RESOURCES



RESOURCES

- **Planned Parenthood**

<https://www.plannedparenthood.org/>

- **Bedsider**

<https://www.bedsider.org/>

- **Over the Counter Birth Control**

<https://www.bedsider.org/features/2595-everything-you-need-to-know-about-opill-the-new-over-the-counter-birth-control-pill>

https://www.youtube.com/watch?v=3GBWj_l7WWE&t=2s

- **Combined Hormonal Birth Control**

<https://www.acog.org/womens-health/faqs/combined-hormonal-birth-control-pill-patch-ring>

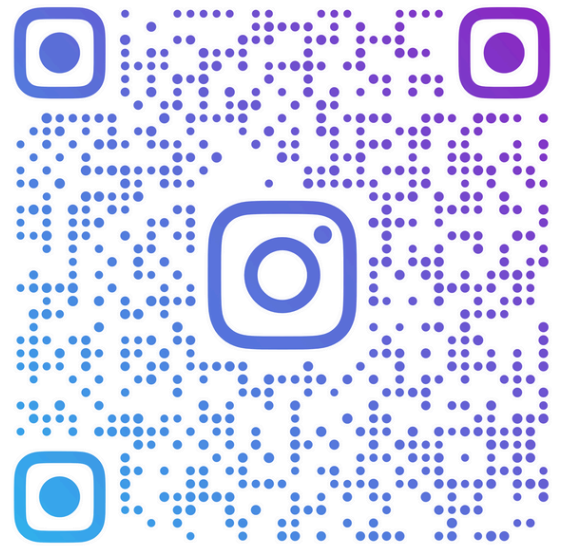
- **Long Acting Reversible Contraception (LARC)**

<https://www.acog.org/womens-health/faqs/long-acting-reversible-contraception-iud-and-implant>

- **Progestin Only Birth Control**

<https://www.acog.org/womens-health/faqs/progestin-only-hormonal-birth-control-pill-and-injection>

LEARN MORE ABOUT THE IMPLICIT NETWORK!



IMPLICITNETWORK

HOW TO GET BIRTH CONTROL

- **Find a Health Center:** This clinic finder can help you find services including where to get a birth control prescription, STI testing, PAP smears, and other reproductive health services
 - <https://www.bedsider.org/find-health-care/clinics>
- **Get Birth Control Online:** Depending on where you live, get certain types of birth control delivered to you
 - <https://www.bedsider.org/find-health-care/online-birth-control>

IMPLICIT Network

Innovations in Maternal and Perinatal Care Improvement

Innovative care to improve birth outcomes and support families to thrive

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