

# The WHO postpartum family planning compendium

**Petrus Steyn**

**Scientist, WHO/ SRH/ CFC**

Twitter [@HRPresearch](#)



# WHO Guidance on Postpartum Family Planning



## Guide women through their postpartum family planning options

The Postpartum Family Planning Compendium integrates core WHO guidance for clinicians, program managers, and policy-makers.

### 1. What are the woman's characteristics?

Choose Medical Conditions:	Breastfeeding Status:	Current Medication Use:	Other Characteristics:
<input type="text" value="If Selected"/>	<input type="radio"/> Yes <input type="radio"/> No	<input type="text" value="If Selected"/>	<input type="text" value="If Selected"/>

[srhr.org/postpartumFP](https://srhr.org/postpartumFP)

The WHO Postpartum Family Planning Compendium

# CASE STUDY

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**Yesterday**, a 32-year-old woman delivered a healthy baby 38 weeks gestation at the local hospital. She is **breastfeeding**. She has a history of **hypertension and smokes**. She is interested in the contraceptive implant. *Is she eligible for the contraceptive implant prior to her discharge from the hospital?*

### 1. What are the woman's characteristics?

<b>Choose Medical Conditions:</b> 0 Selected	<b>Breastfeeding Status:</b> <input type="radio"/> Yes <input type="radio"/> No	<b>Current Medication Use:</b> 0 Selected	<b>Other Characteristics:</b> 0 Selected
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**Time interval after delivery:** 0 hours 48 hours 3 weeks 4 weeks 6 weeks 6 months 12 months

## CASE STUDY

**Yesterday**, a 32-year-old woman delivered a healthy baby 38 weeks gestation at the local hospital. She is **breastfeeding**. She has a history of **hypertension**. She is interested in the contraceptive implant.

*Is she eligible for the contraceptive implant prior to her discharge from the hospital?*

### 1. What are the woman's characteristics?

Choose Medical Conditions:

Breastfeeding Status:  Yes  No

Current Medication Use:

Other Characteristics:

Time interval after delivery:

## CASE STUDY

**Yesterday**, a 32-year-old woman delivered a healthy baby 38 weeks gestation at the local hospital. She is **breastfeeding**. She has a history of **hypertension**. She is interested in the contraceptive implant.

*Is she eligible for the contraceptive implant prior to her discharge from the hospital?*

### 1. What are the woman's characteristics?

The screenshot shows a digital form with four main sections: 'Choose Medical Conditions:', 'Breastfeeding Status:', 'Current Medication Use:', and 'Other Characteristics:'. The 'Choose Medical Conditions:' section contains a tag for 'Hypertension'. The 'Breastfeeding Status:' section has two radio buttons, 'Yes' (which is selected) and 'No'. The 'Current Medication Use:' and 'Other Characteristics:' sections both show '0 Selected'. Below these sections is a 'Time interval after delivery:' slider. The slider has a clock icon on the left and is marked with '0 hours', '48 hours', '3 weeks', '4 weeks', '6 weeks', '6 months', and '12 months'. A blue bar on the slider indicates the selected interval from 0 to 48 hours. A red arrow points to the 'Yes' radio button, and a blue arrow points to the 48-hour mark on the slider.

## CASE STUDY

Yesterday, a 32-year-old woman delivered a healthy baby 38 weeks gestation at the local hospital. She is **breastfeeding**. She has a history of **hypertension**. She is interested in the contraceptive implant.

*Is she eligible for the contraceptive implant prior to her discharge from the hospital?*

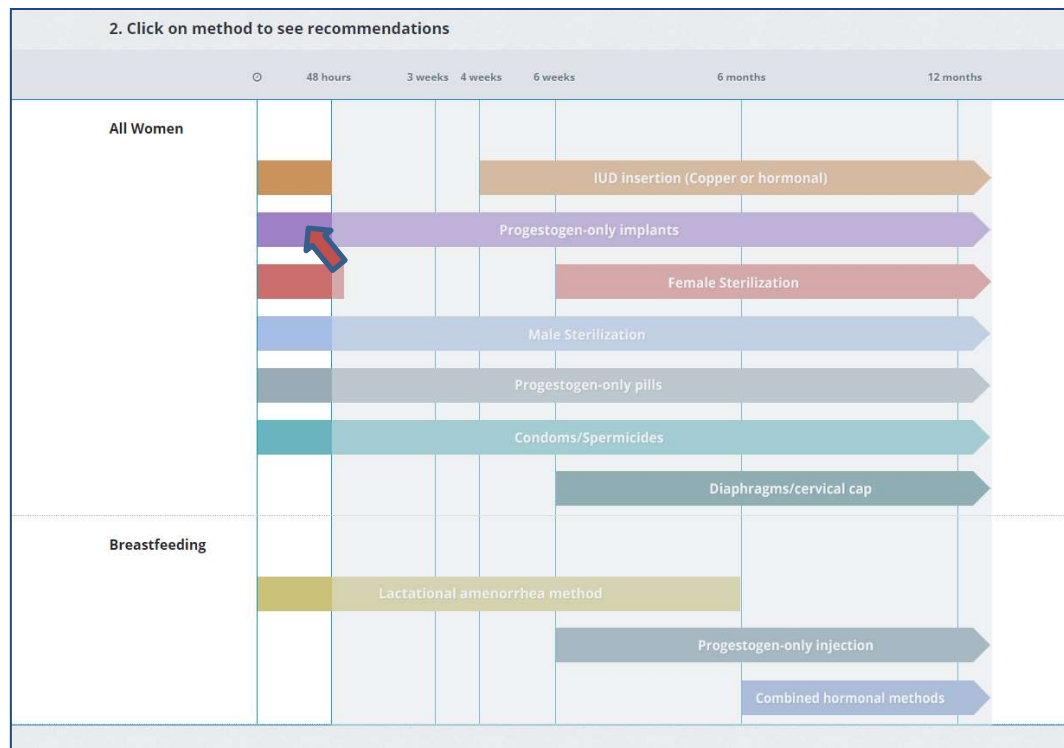
### 1. What are the woman's characteristics?

The screenshot shows a digital form with four main sections: 'Choose Medical Conditions:', 'Breastfeeding Status:', 'Current Medication Use:', and 'Other Characteristics:'. In the 'Choose Medical Conditions:' section, 'Hypertension' is selected and highlighted with a red arrow. In the 'Breastfeeding Status:' section, 'Yes' is selected with a radio button, highlighted with a blue arrow. In the 'Current Medication Use:' section, '0 Selected' is displayed. In the 'Other Characteristics:' section, '0 Selected' is displayed. Below these sections is a 'Time interval after delivery:' slider, with a blue arrow pointing to the '48 hours' mark. The slider has markers for 0 hours, 48 hours, 3 weeks, 4 weeks, 6 weeks, 6 months, and 12 months.

## CASE STUDY

**Yesterday**, a 32-year-old woman delivered a healthy baby 38 weeks gestation at the local hospital. She is **breastfeeding**. She has a history of **hypertension**. She is interested in the contraceptive implant.

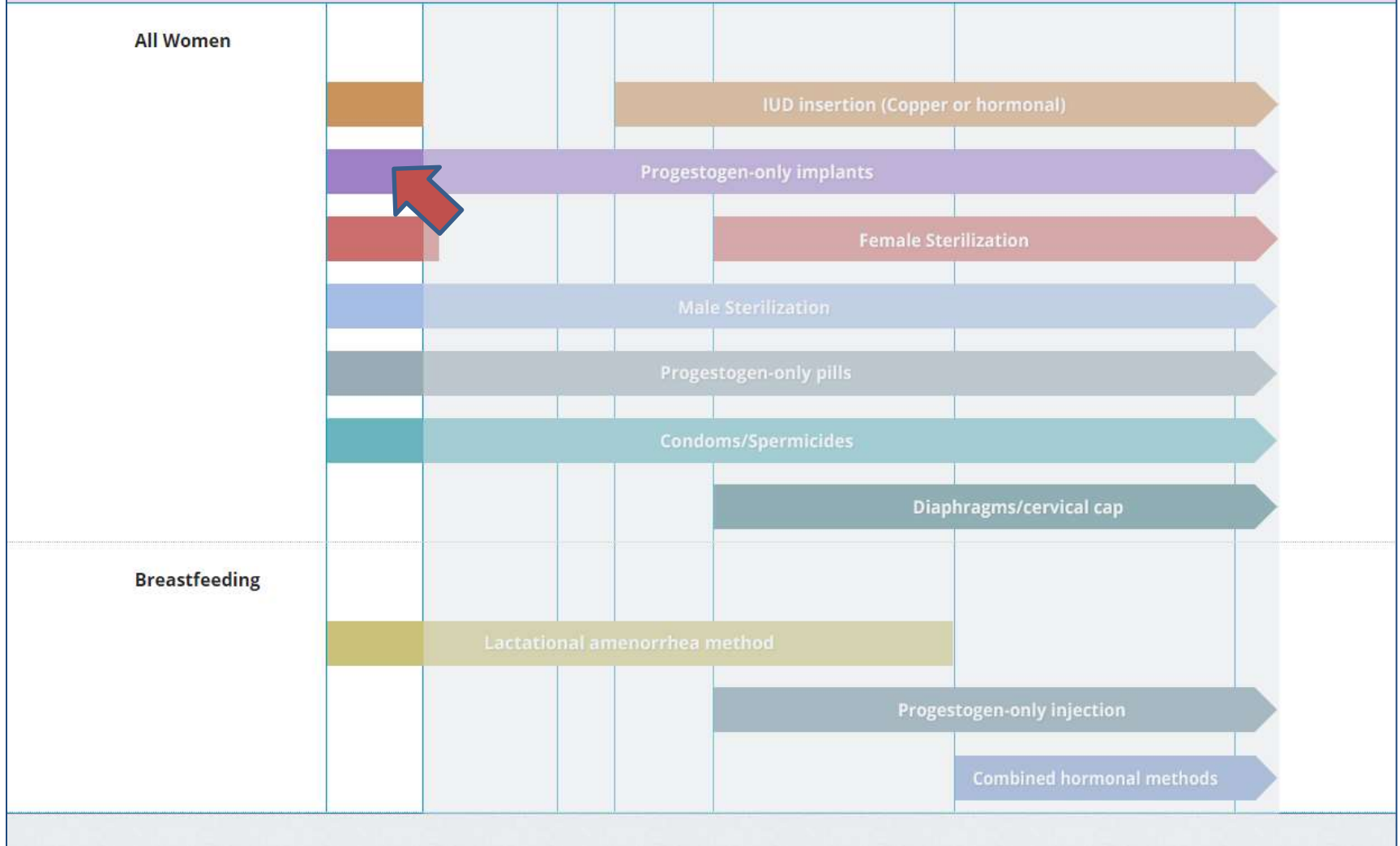
*Is she eligible for the contraceptive implant prior to her discharge from the hospital?*



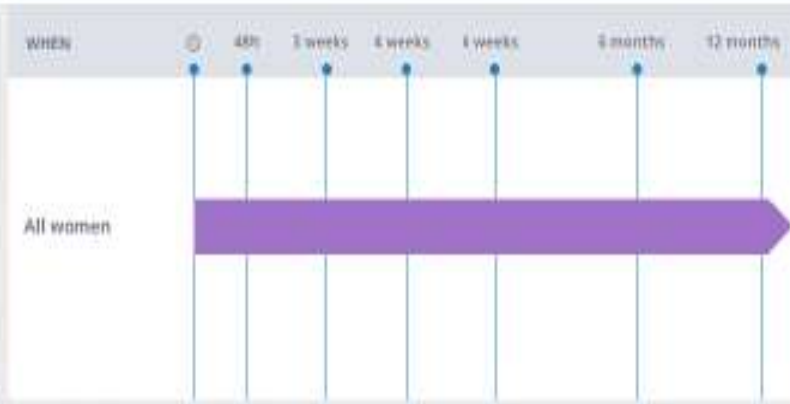



## 2. Click on method to see recommendations

⊙ 48 hours 3 weeks 4 weeks 6 weeks 6 months 12 months



# Contraceptive implant, within 48 hours postpartum



**Description**

Small, flexible rods or capsules placed under the skin of the upper arm; contains progestogen hormone only

**How it works**

Thickens cervical mucous to block sperm and egg from meeting and prevents ovulation

**Effectiveness to prevent pregnancy**

>99%

**Comments**

Implants: Health-care provider must insert and remove; can be used for 3–5 years depending on implant; irregular vaginal bleeding common but not harmful

# Contraceptive implant, within 48 hours postpartum

## Conditions / Subconditions

### Breastfeeding Status:

Breastfeeding	Category	Clarifications/Special considerations
	LNG /ETG	
a) < 6 weeks postpartum	2	
b) ≥ 6 weeks to < 6 months postpartum (primarily breastfeeding)	1	
c) ≥ 6 months postpartum	1	

### Medical Condition:

Hypertension	Category	Clarifications/Special considerations
	LNG /ETG	
a) History of hypertension, where blood pressure CANNOT be evaluated (including hypertension in pregnancy)	2	<a href="#">Read More</a>
b) Adequately controlled	1	

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## 1. What are the woman's characteristics?

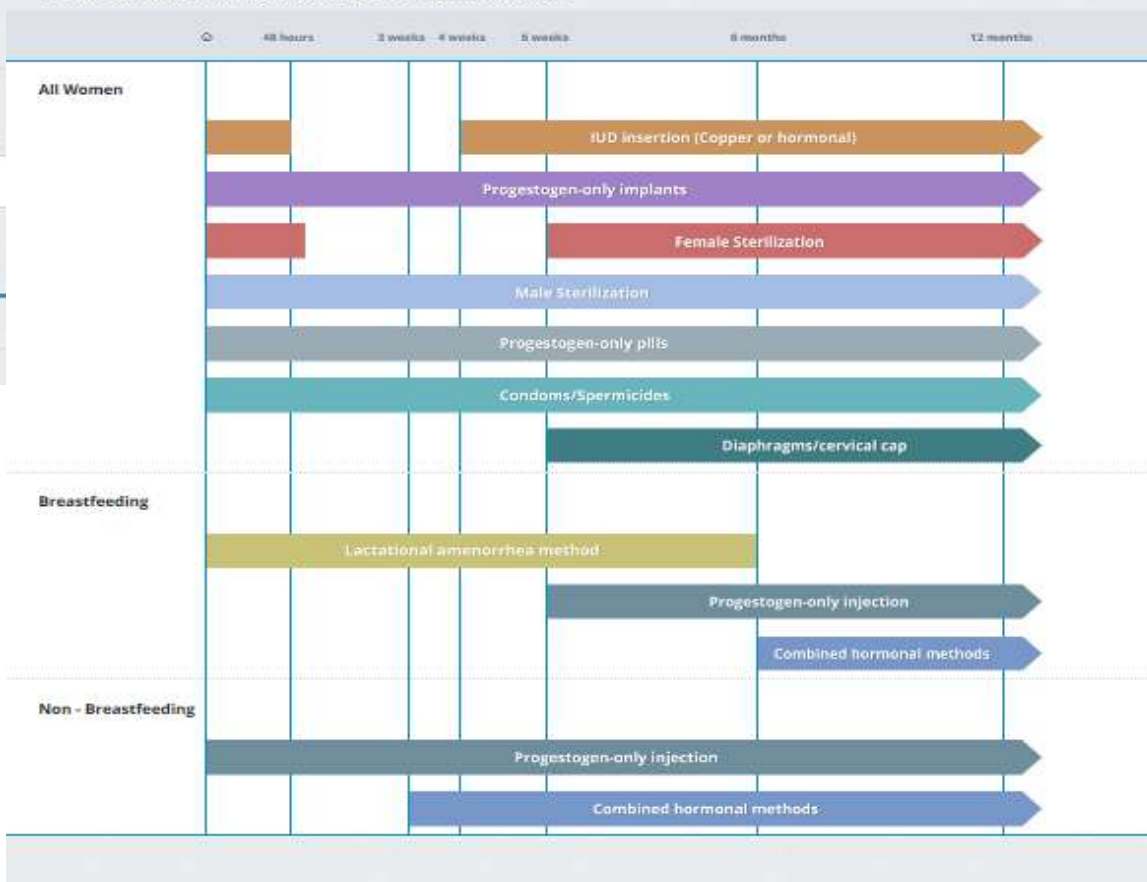
Choose Medical Conditions:

Breastfeeding Status:  Yes  No

Current Medication Use:

Time interval after delivery:  0 hours 48 hours 3 weeks 4 weeks

## 2. Click on family planning method to see recommendations



# Postpartum family planning guidance at your fingertips: Place a bookmark!

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<input type="text" value="0 Selected"/>	<input type="radio"/> Yes <input type="radio"/> No	<input type="text" value="0 Selected"/>	<input type="text" value="0 Selected"/>

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