

The WHO postpartum family planning compendium

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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"/>

<https://postpartumfp.srhr.org/>

The WHO Postpartum Family Planning Compendium

CASE STUDY

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 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?

Choose Medical Conditions: 0 Selected	Breastfeeding Status: <input type="radio"/> Yes <input type="radio"/> No	Current Medication Use: 0 Selected	Other Characteristics: 0 Selected
Time interval after delivery: <input type="range" value="0"/> 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?

The screenshot shows a digital form with four main sections for data entry:

- Choose Medical Conditions:** A search box containing "Hypertension".
- Breastfeeding Status:** Radio buttons for "Yes" (selected) and "No".
- Current Medication Use:** A field showing "0 Selected".
- Other Characteristics:** A field showing "0 Selected".

Below these sections is a **Time interval after delivery:** slider. The slider has a scale with markers at 0 hours, 48 hours, 3 weeks, 4 weeks, 6 weeks, 6 months, and 12 months. A blue bar indicates the selected interval, which ends at the 48 hours mark. A red arrow points to the 48 hours marker on the slider.

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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**. 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 search box with 'Hypertension' entered. The 'Breastfeeding Status:' section has two radio buttons: 'Yes' (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 markers for 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 hours to 48 hours. A red arrow points to the 'Yes' radio button, and a blue arrow points to the 48-hour marker on the slider.

Section	Value / Selection
Choose Medical Conditions:	Hypertension
Breastfeeding Status:	Yes (selected)
Current Medication Use:	0 Selected
Other Characteristics:	0 Selected
Time interval after delivery:	0 hours to 48 hours

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?

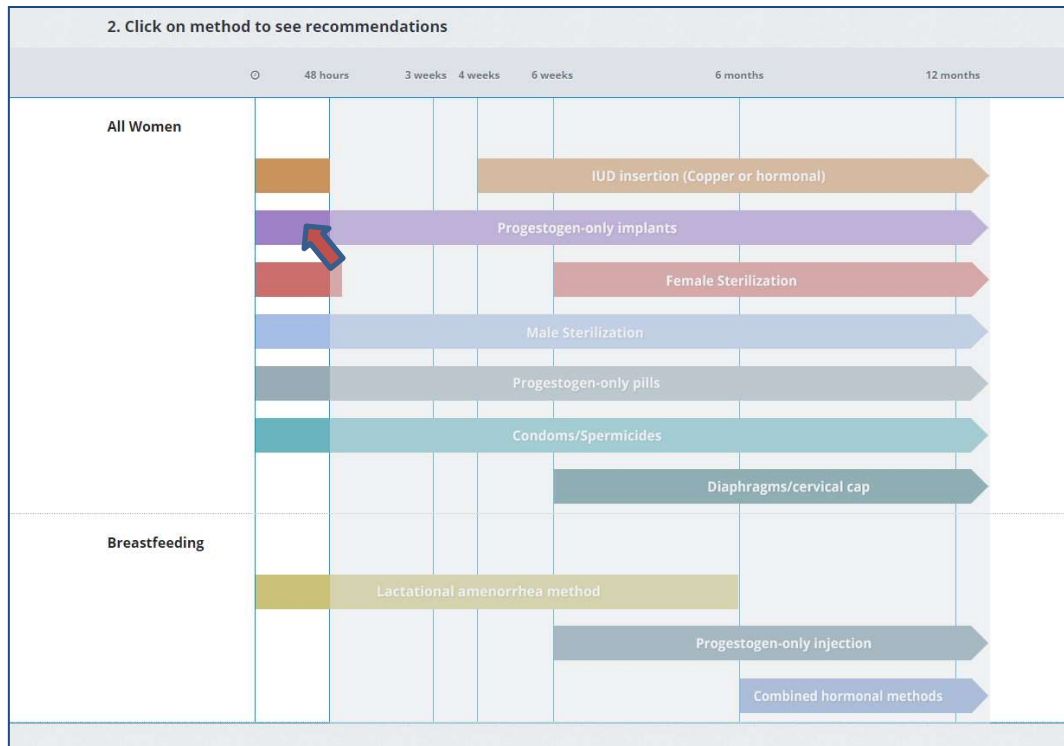
1. What are the woman's characteristics?

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. The slider has markers for 0 hours, 48 hours, 3 weeks, 4 weeks, 6 weeks, 6 months, and 12 months. A blue arrow points to the slider handle, which is positioned at the 48 hours mark.

CASE STUDY

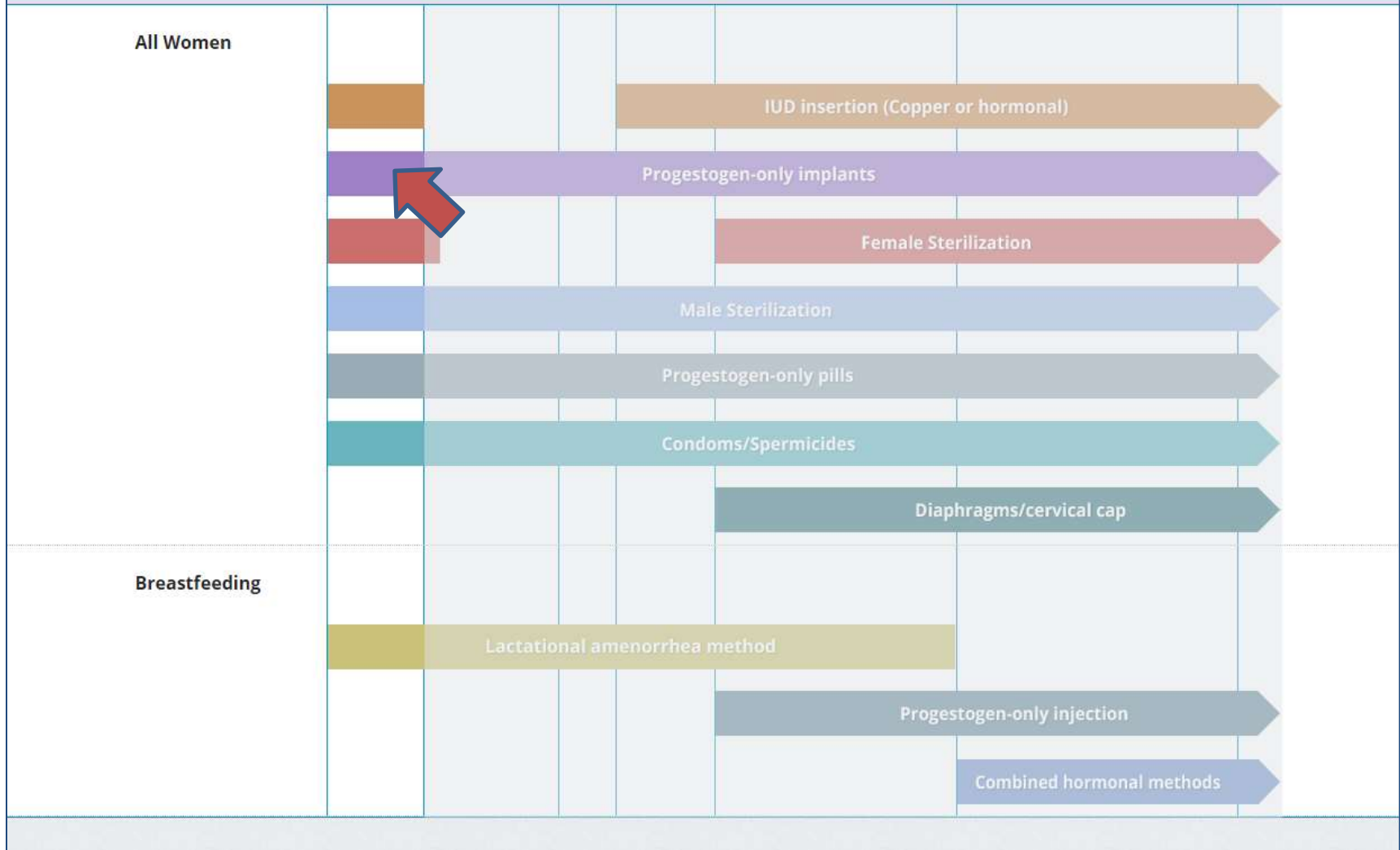
Yesterday, a 32-year-old woman delivered a healthy baby 38 weeks gestation at the local hospital. She is **breastfeeding**. She has a history of **hypertension**. She is interested in the contraceptive implant.

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

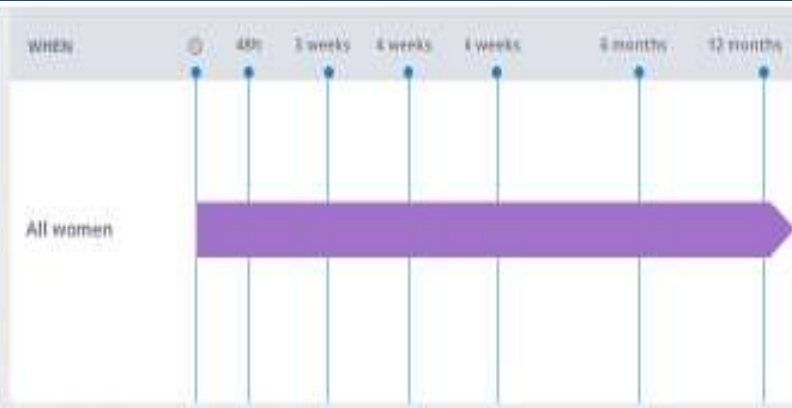



2. Click on method to see recommendations

⊙ 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	Read More
b) Adequately controlled	1	

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1. What are the woman's characteristics?

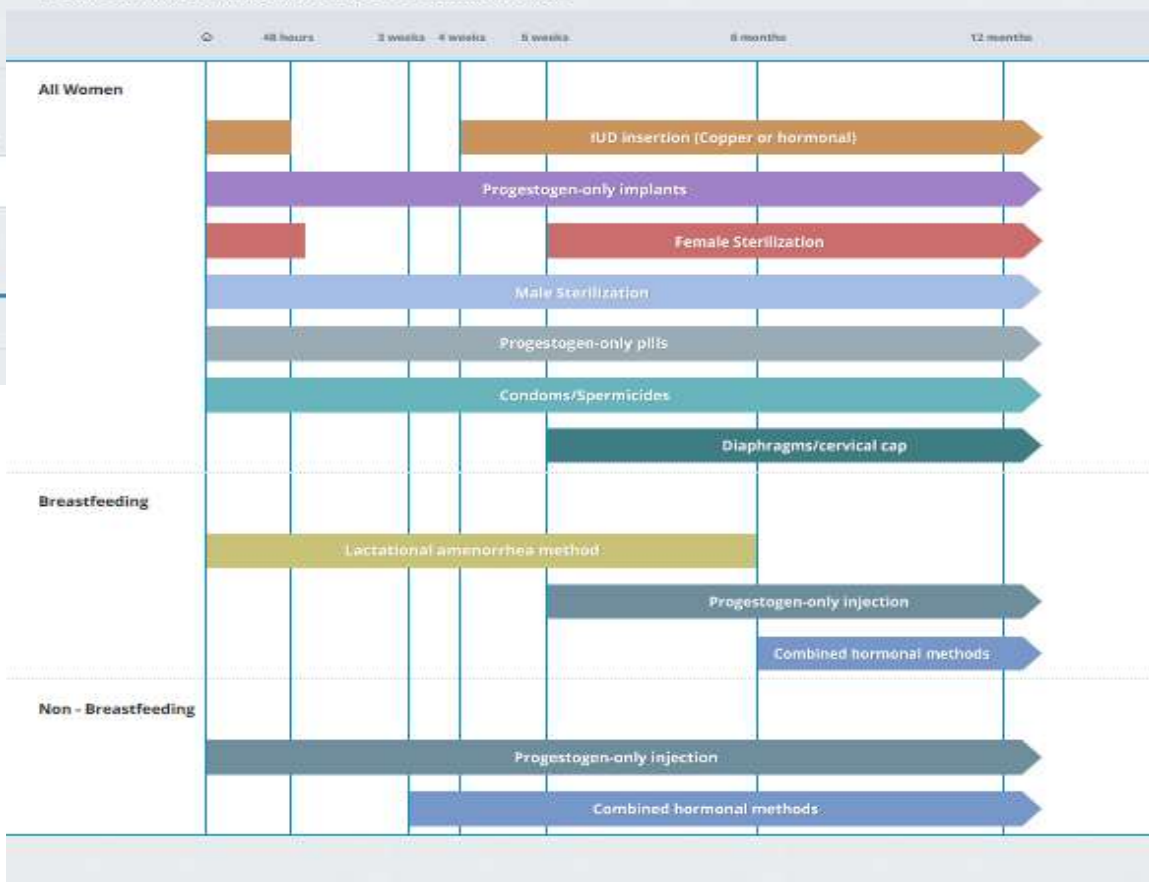
Choose Medical Conditions:

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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1. What are the woman's characteristics?

Choose Medical Conditions:	Breastfeeding Status:	Current Medication Use:	Other Characteristics:
<input type="text" value="0 Selected"/>	<input checked="" type="radio"/> Yes <input type="radio"/> No	<input type="text" value="0 Selected"/>	<input type="text" value="0 Selected"/>

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