

Pregnancy Spacing, what is it?

Pregnancy spacing is when the mother actively prevents pregnancy between births. Parents are intentionally spacing out their pregnancies.

Recommended spacing between pregnancies is 18 to 24 months, per the American College of Obstetrics and Gynecology.

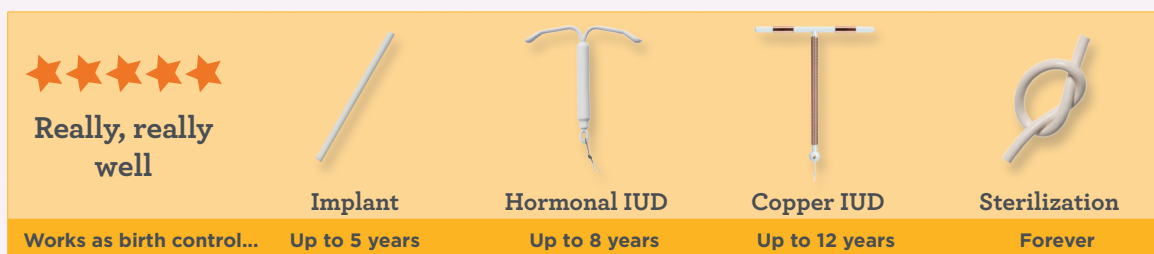
Benefits of Pregnancy Spacing.

- More time to focus on your current baby or toddler
- Pregnancy Spacing has lifelong mental and emotional benefits for children
- Additional time to breastfeed with, if mom chooses
- The body has time for all the organs to go back into place
- Less problems in future pregnancies especially if you have had a previous cesarean section
- Your body has a chance to replenish lost nutrients from last pregnancy
- Lowers the risk of having a preterm birth, a baby with low birth weight, and pregnancy related high blood pressure (also known as pre-eclampsia and eclampsia)

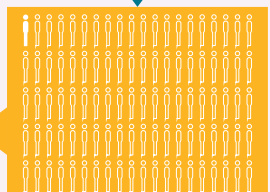
Effective ways/tools that can help in pregnancy spacing.

Long Acting Reversible Contraceptives (LARC) are a highly effective method of birth control. LARC methods require no work after insertion. LARCS can be removed by your doctor when you're ready for your next baby. Discuss with your doctor about which birth control method is best for you.

HOW WELL DOES BIRTH CONTROL WORK?



What's your chance of getting pregnant in a year?



Less than 1 in 100

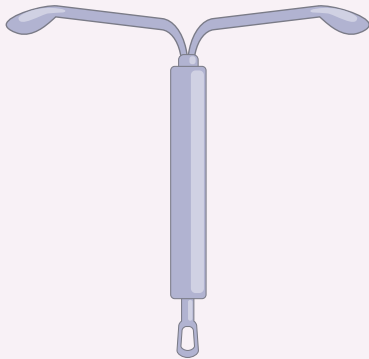
You can learn more about LARC methods at your OB/GYN office, a Family Planning Clinic or your Primary Care Provider.



What's an IUD? AN IUD (IntraUterine Device) is a small T-shaped piece of plastic that's placed in the uterus (a health care provider does this). **There are 2 types of IUDs:**

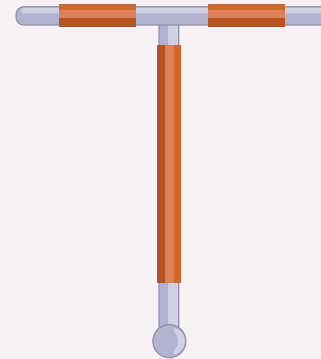
❶ HORMONAL

Hormonal IUDs (for example, *Mirena*, *Skyla*, *Liletta* and *Kyleena*) release a small amount of the hormone progestin. They thicken the mucus on the cervix to block the sperm.



❷ COPPER

The ParaGard has a small amount of copper. It prevents sperm from fertilizing an egg. It doesn't release hormones. It lasts 10 years.



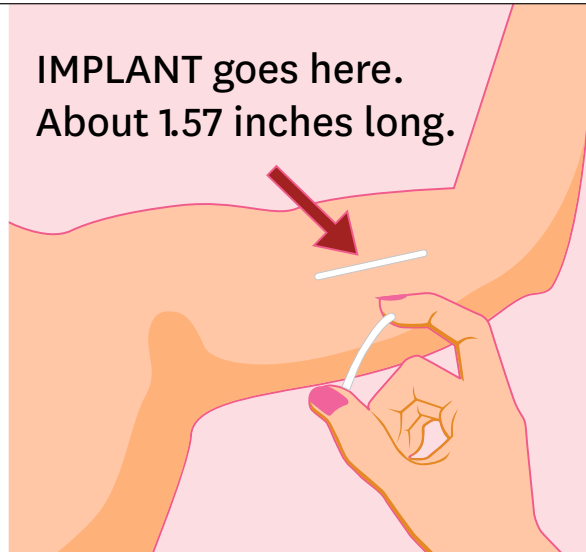
IUDs prevent pregnancy for 3–10 years. Different kinds last for different amounts of time.

What's an Implant?

An implant is a tiny rod of plastic that's inserted under the skin of the arm. (A health care provider does this).

It releases the hormone progestin. This keeps eggs from leaving the ovaries. It thickens the mucus on the cervix to help block sperm. It lasts 3 years.

IMPLANT goes here.
About 1.57 inches long.



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Si usted, o alguien a quien está ayudando, tiene preguntas sobre SilverSummit Healthplan, tiene derecho a recibir ayuda e información en su idioma sin costo. Para hablar con un intérprete, llame al 1-844-366-2880, (TTY/TDD: 1-844-804-6086).

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