

To learn more about the healthiest time to become pregnant, visit the Extending Service Delivery (ESD) Project website at: www.esdproj.org



Thinking about getting pregnant again? When is a good time?



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If you've just had a baby, when is a good time to get pregnant again?

You should wait at least **2 years** before trying to get pregnant.

Why wait 2 years after having a baby before trying to get pregnant again?

Because scientific studies show that:

- » Mothers who wait 2 years are less likely to die in childbirth.
- » Their newborns are less likely to die, be underweight or be born prematurely.
- » Babies grow up bigger, stronger and healthier.



If you've had a miscarriage or abortion, when is a good time to get pregnant again?

You should wait **at least 6 months** before trying to get pregnant again.

Why wait 6 months after a miscarriage or abortion before trying to get pregnant again?

Because scientific studies show that:

- »» A woman who waits is less likely to have a miscarriage, premature birth, or small or underweight baby.
- »» Waiting 6 months protects the pregnant woman's health and the health of her baby.



How can I make sure I don't get pregnant?

Use a family planning method of your choice.

Talk to your doctor, nurse or pharmacist for more information on the methods below.



Condoms



Oral contraceptive: Pills

Microgynon 30 ED FE®
Microlut®



1 monthly / 3 monthly Injection

Norigynon®
Noristerat®



Implants Jadelle®



IUD/IUS (Intra Uterine Systems)

Nova T®
LNG-IUS