



# Thinking about getting pregnant again?

## When is a good time?

### 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®



**1monthly/3monthly Injection**  
Norigynon®  
Noristerat®



**Implants**  
Jadelle®



**IUD/IUS (Intra Uterine Systems)**  
Nova T®  
LNG-IUS