

## Resuming sex and contraception

After you have had a baby it is important to wait until you and your partner feel happy, ready and comfortable before resuming sexual intercourse – the timing of this is individual to each couple. You may require a lubricant initially, particularly if breastfeeding.

It is also important to consider the use of contraception to avoid an unplanned pregnancy. **It is possible to become pregnant again three weeks after birth**, even if you haven't had a period yet and are breastfeeding.

There are many options available – and these choices can be discussed with your GP or sexual health nurse in order to ensure you are prescribed the safest and most effective method based on your individual circumstances. Condoms are a safe and effective method of contraception and do not interfere with breastfeeding, they can be used as soon as you are ready to resume sexual intercourse.

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For more information visit:

- **The sexual health charity FPA:**  
[www.fpa.org.uk/sites/default/files/contraception-after-having-baby-yourguide.pdf](http://www.fpa.org.uk/sites/default/files/contraception-after-having-baby-yourguide.pdf)

