Postpartum contraception acceptance and readiness study

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Objectives

Determine the optimal time to discuss and formulate a plan for postpartum contraception. Determine factors associated with uptake of and adherence to chosen postpartum contraception plan.

Methods

All women between gestational ages of 25 0/7 and 35 6/7 weeks meeting inclusion criteria and attending an outpatient clinic were offered to participate in the study. Subjects completed surveys querying readiness, capability and confidence in discussing and committing to a postpartum contraceptive plan at a single prenatal visit and again during their postpartum hospitalization. Subjects received a phone survey at 4-6 months postpartum.

Results

243 patients were enrolled in the study. 63% of patients responded the best time for contraception discussion was the 2nd or 3rd trimester. 90% of women planned to start contraception after delivery. More women reported feeling a contraception plan was important/very important postpartum than prenatally (78% vs 56%, p<0.0001). Significantly more women reported feeling ready/very ready to discuss (82% vs 66%; p<0.0001), and ready/very ready to choose (84% vs 64%, p<0.007), capable/highly capable of choosing (90% vs 79%; p=0.0009) postpartum than prenatally. Reasons for not feeling ready to choose an option were similar prenatally and postpartum. Postpartum, more women felt confident/very confident (98% vs 90%; p=0.0006) in their ability to use effective

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contraceptive after delivery.

**Conclusion**

Women report higher levels of readiness and capability to choose and discuss contraception postpartum than prenatally, however, high rates were seen throughout. Most women feel ready and capable to choose a contraceptive option prior to postpartum discharge.

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