

# Birth Control After Pregnancy

## Supporting Document

### Which version of the Birth Control After Pregnancy booklet does this document refer to?

This document refers to the version of the Birth Control After Pregnancy booklet published in March 2018.

### Who funded the Birth Control After Pregnancy booklet?

The development and testing of the Birth Control After Pregnancy booklet was funded by two grants given to Dartmouth College by the Society of Family Planning Research Fund. The views and opinions expressed in the booklet are those of the authors and do not necessarily represent the views and opinions of the Society of Family Planning Research Fund.

### Do the authors of the Birth Control After Pregnancy booklet have any conflicts of interest?

No. The authors of the Birth Control After Pregnancy booklet do not stand to gain or lose anything by the birth control choices people make after using the booklet.

### How was the Birth Control After Pregnancy booklet developed?

The authors of the Birth Control After Pregnancy booklet include researchers, health professionals, and a patient representative. In creating the Birth Control After Pregnancy booklet, the authors adapted seven decision aids on birth control methods developed and tested in the Right For Me study<sup>i</sup>. The content of the Right For Me decision aids was informed by an assessment of patients' and health professionals' information priorities for birth control decision making and counseling, respectively<sup>ii</sup> and underwent extensive review by patients, health professionals, and other stakeholders.

In the process of creating the Birth Control After Pregnancy booklet, we conducted a survey of people who were currently or recently pregnant to assess their views on important content for the booklet, as well as when and how to offer the booklet to people. We also held small group listening sessions with people who were currently or recently pregnant and with perinatal health professionals (e.g., obstetricians, midwives, nurses) to gather suggestions and feedback on content, language, and imagery in the booklet.

### Where did the information in the Birth Control After Pregnancy booklet come from?

The information in the Birth Control After Pregnancy booklet came from these sources of scientific evidence and expert opinion:

Bayer HealthCare Pharmaceuticals Inc. (2016). *Your Complete Guide to the Essure® Procedure*. Whippany, NJ: Bayer HealthCare Pharmaceuticals Inc. Retrieved from <http://www.hcp.essure-us.com/assets/pdf/Patient-Information-Booklet.pdf>

Braaten, K., & Dutton, C. (2017). *Postpartum Sterilization*. Waltham, MA: UpToDate Inc. Retrieved from <https://www.uptodate.com/contents/postpartum-sterilization>

Conde-Agudelo, A., Rosas-Bermúdez, A., & Kafury-Goeta, A. C. (2006). Birth spacing and risk of adverse perinatal outcomes: a meta-analysis. *JAMA*, 295(15), 1809–1823.

Cook, L. A., Pun, A., Gallo, M. F., Lopez, L. M., & Van Vliet, H. A. A. M. (2014). Scalpel versus no-scalpel incision for vasectomy [Review]. *Cochrane Database of Systematic Reviews*, Issue 3. Art. No.: CD004112. DOI:

10.1002/14651858.CD004112.pub4.

- CooperSurgical Inc. (2014). *Vaginal Wide-Seal Diaphragm Fitting Kit: Directions for Use [English]*. Trumbull, CT: CooperSurgical Inc. Retrieved from <https://www.coopersurgical.com/Products/Detail/milex-diaphragm-fitting-kit#>
- Curtis, K., Jatlaoui, T., Tepper, N., Zapata, L., Horton, L., Jamieson, D., & Whiteman, M. (2016). U.S. Selected Practice Recommendations for Contraceptive Use, 2016. *MMWR Recomm Rep*, 65 (No. 4).
- Curtis, K., Tepper, N., Jatlaoui, T., Berry-Bibee, E., Horton, L., Zapata, L., ... Whiteman, M. (2016). U.S. Medical Eligibility Criteria for Contraceptive Use, 2016. *MMWR Recomm Rep*, 65 (No. 3).
- FemCap Inc. (2003). *The FemCap™: Physician Labeling*. Del Mar, CA: FemCap Inc. Retrieved from [https://www.accessdata.fda.gov/cdrh\\_docs/pdf2/p020041c.pdf](https://www.accessdata.fda.gov/cdrh_docs/pdf2/p020041c.pdf)
- Kulier, R., Bouvain, M., Walker, D. M., De Candolle, G., & Campana, A. (2004). Minilaparotomy and endoscopic techniques for tubal sterilisation [Review]. *Cochrane Database of Systematic Reviews*, Issue 3. Art. No.: CD001328. DOI: 10.1002/14651858.CD001328.pub2
- Mauck, C., Callahan, M., Weiner, D. H., Dominik, R., & The FemCap® Investigators Group. (1999). A comparative study of the safety and efficacy of FemCap®, a new vaginal barrier contraceptive, and the Ortho All-Flex® diaphragm. *Contraception*, 60(2), 71–80.
- MEDintim Personal Healthcare. (n.d.). *Caya® Contoured Diaphragm: Instruction Manual*. Frankfurt: MEDintim Personal Healthcare. Retrieved from <http://caya.us.com/wp-content/uploads/pdf/cayaifu.pdf>
- The American College of Obstetricians and Gynecologists. (2014). *Barrier Methods of Birth Control: Diaphragm, Sponge, Cervical Cap, and Condom [FAQ022]*. Washington, DC: The American College of Obstetricians and Gynecologists.
- The American College of Obstetricians and Gynecologists. (2014). *Combined Hormonal Birth Control: Pill, Patch, and Ring [FAQ185]*. Washington, DC: The American College of Obstetricians and Gynecologists.
- The American College of Obstetricians and Gynecologists. (2014). *Progestin-Only Hormonal Birth Control: Pill and Injection [FAQ186]*. Washington, DC: The American College of Obstetricians and Gynecologists.
- The American College of Obstetricians and Gynecologists. (2015). *Fertility Awareness-Based Methods of Family Planning [FAQ024]*. Washington, DC: The American College of Obstetricians and Gynecologists.
- The American College of Obstetricians and Gynecologists. (2015). *Sterilization for Women and Men [FAQ011]*. Washington, DC: The American College of Obstetricians and Gynecologists.
- The American College of Obstetricians and Gynecologists. (2015). *Your Pregnancy and Childbirth: Month to Month* (6th ed.). Washington, DC: The American College of Obstetricians and Gynecologists.
- The American College of Obstetricians and Gynecologists. (2016). *Optimizing Postpartum Care*. Washington, DC: The American College of Obstetricians and Gynecologists.
- The American College of Obstetricians and Gynecologists. (2016). *Postpartum Sterilization [FAQ052]*. Washington, DC: The American College of Obstetricians and Gynecologists.
- The American College of Obstetricians and Gynecologists. (2016). *Sterilization by Laparoscopy [FAQ035]*. Washington, DC: The American College of Obstetricians and Gynecologists.
- The American College of Obstetricians and Gynecologists. (2017). *Hysteroscopic Sterilization [FAQ180]*. Washington, DC: The American College of Obstetricians and Gynecologists.
- The American College of Obstetricians and Gynecologists. (2018). *Long-Acting Reversible Contraception: Intrauterine Device and Implant [FAQ184]*. Washington, DC: The American College of Obstetricians and Gynecologists.

The American College of Obstetricians and Gynecologists. (2018). *Postpartum Birth Control [FAQ194]*. Washington, DC: The American College of Obstetricians and Gynecologists.

Trussell, J. (2011). Contraceptive Efficacy. In R. A. Hatcher, J. Trussell, A. L. Nelson, W. Cates, D. Kowal, & M. Policar (Eds.), *Contraceptive Technology* (Twentieth Revised Edition). New York, NY: Ardent Media. Retrieved from <http://www.contraceptivetechnology.org/wp-content/uploads/2013/09/CTFailureTable.pdf>

#### Notes:

- Information on how many people become pregnant when using each birth control method is for a general population (i.e., not necessarily people who have recently given birth) except for the lactational amenorrhea method.
- Information on how many people become pregnant when using each birth control method pertains to Implanon® for the implant, Mirena® for the hormonal IUD, and Evra® patch for the patch.
- Information on how many people who don't always follow the usage instructions become pregnant when using the Standard Days Method®, TwoDay Method®, Ovulation Method, and SymptoThermal Method pertains to fertility awareness methods in general.

### **How will the Birth Control After Pregnancy booklet be tested?**

The Birth Control After Pregnancy booklet is currently undergoing testing in the Family Planning Ahead study. For more information, visit [www.familyplanningahead.org](http://www.familyplanningahead.org)

### **What level of reading is required for the Birth Control After Pregnancy booklet?**

The Birth Control After Pregnancy booklet has a readability score of 6.6. This score means that the booklet should be easily understood by people with a U.S. 7<sup>th</sup> grade education or equivalent.

### **What can I do with the Birth Control After Pregnancy booklet?**

Copyright in the Birth Control After Pregnancy booklet is owned by Rachel Thompson. You may download and/or print the booklet for your own personal use and may share the booklet with others. However, you may not change or adapt the booklet in any way or sell the booklet to others.

---

<sup>i</sup> Thompson, R., Manski, R., Donnelly, K. Z., Stevens, G., Agusti, D., Banach, M., ... Elwyn, G. (2017). Right For Me: protocol for a cluster randomised trial of two interventions for facilitating shared decision-making about contraceptive methods. *BMJ Open*, 7(10), e017830.

<sup>ii</sup> Donnelly, K., Foster, T., & Thompson, R. (2014). What matters most? The content and concordance of patients' and providers' information priorities for contraceptive decision making. *Contraception*, 90(3), 280–287.