



## Postpartum Sexuality

### *I'm afraid of getting pregnant. What should I do?*

- Be sure to use a condom with spermicide until you talk to your health care provider.
- Talk to your health care provider about your birth control choices.
- **Some methods of birth control may not be suitable for you if you are breast-feeding.**



Visit the following website for pamphlets that describe birth control methods:  
[www.peelregion.ca](http://www.peelregion.ca) and [www.sexualityandu.ca](http://www.sexualityandu.ca)