

BIRTH CONTROL OPTIONS

There are many effective birth control options to help you plan your family:

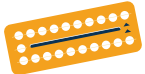
LONG-TERM

IUD (hormonal or non-hormonal)



SHORT-TERM

Birth Control Pills



Birth Control Shot



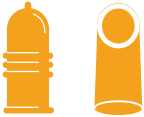
Hormonal Ring



Contraceptive Patch



Male or Female
Condoms



PERMANENT

Sterilization



SOUTH DAKOTA
PLAN

MORE INFO.



LOCATIONS



CONTACT

Send your questions to the South Dakota PLAN team at askSDPlan@state.sd.us.



SOUTH DAKOTA
DEPARTMENT OF HEALTH

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INTERPREGNANCY SPACING



Why it matters for your health and your baby's health

- ✔ Allows your body time to heal.
- ✔ Gives your baby the best start in life.

WHAT IS INTERPREGNANCY SPACING?

Interpregnancy spacing refers to the time between each pregnancy. **Experts recommend waiting 18-24 months between pregnancies** to allow the mother to heal and the baby to develop properly.



“ LIFE’S BIGGEST MIRACLE IS THE GIFT OF HAVING LIFE GROWING INSIDE OF YOU ”

RISKS OF NOT SPACING PREGNANCIES

When pregnancies are too close together, both mother and baby face potential health risks, including:

For the Infant:

- Premature birth
- Low birth weight
- Congenital disorders

For the Mother:

- Placental abruption
- Postpartum hemorrhage
- Gestational diabetes
- Maternal anemia

Did you know?

Placental abruption, which occurs in 1 out of every 100 pregnancies, can cause serious complications for both mother and baby.

SIGNS OF PREGNANCY

Wondering if you might be pregnant? Early signs of pregnancy can include:

Missing Period

Sore Breasts

Frequent Trips to the Bathroom

Bloating

Tiredness

Nausea

Mood Swings

Spotting

Shortness of Breath

Food Aversion

Acne

