



USAID
FROM THE AMERICAN PEOPLE



LACTATIONAL AMENORRHEA METHOD (LAM)

Lactational Amenorrhea Method (LAM)



General information

- Lactational Amenorrhea Method (LAM) is the use of exclusive breastfeeding after having a baby to delay the woman's return to fertility.
- LAM requires 3 conditions. All 3 must be met:
 1. Your monthly bleeding has not returned since giving birth
 2. The baby is exclusively breastfed, day and night
 3. The baby is less than 6 months old
- LAM is a temporary family planning method to use after pregnancy, when women can think about which method to use after LAM no longer protects you from pregnancy.
- Safe for a woman living with human immunodeficiency virus (HIV)/acquired immunodeficiency syndrome (AIDS). There is a chance, however, that mothers with HIV will transmit HIV to their infants through breastfeeding.
- Does not protect against sexually transmitted infections (STIs), including HIV.

Effectiveness

- 98% effective on typical use at first 6 months after childbirth when all 3 criteria are met: 2 pregnancies per 100 women seen.

How the method works

- Exclusive breastfeeding stops the release of hormones that cause a woman to release eggs from her ovaries (ovulate).

Do not use this method if

- You last gave birth over 6 months ago.
- Your monthly bleeding has returned.
- You are offering your baby any foods or liquids other than breast milk.

Important facts

- Does not interfere with sex.
- No costs and no supplies needed.
- Effectiveness after 6 months postpartum is not certain.
- Exclusive breastfeeding may be inconvenient or difficult for some women.
- Use condoms (male or female) if you are at risk of STIs, including HIV.
- Once you begin feeding your baby food or liquids other than your breast milk, LAM no longer protects you from pregnancy. Contact your provider to begin using another method of contraception immediately.
- Keep emergency contraceptive pills (ECPs) at home and use it in case you have unprotected sex when all 3 criteria are no longer met or you have not gone to facility.

Before you start to use supplemental feeding, talk to your provider about switching to another modern method.

Seek medical help if

- You have any questions or problems.
- Any 1 of the 3 conditions needed for LAM changes, and you need another method.
- Before your baby is 6 months old so you can choose another method.



Source:

- Population Council. The Balanced Counseling Strategy Plus (3rd ed.) [Internet] 2015 [cited 2021 April 06]. Available from: https://www.popcouncil.org/uploads/pdfs/2015RH_BCS-Plus_CounselingCards_en.pdf.
- Family Planning: A Global Handbook for Providers. Chapter 18 - Fertility Awareness Methods. [Internet] [cited 2021 April 06]. Available from: https://www.fphandbook.org/sites/default/files/Chapter_18_Eng.pdf.
- National Health Mission. Reference Manual for Oral Contraceptive Pills. [Internet] 2016 Mar [cited 2021 April 06].