

Lactational Amenorrhea Method (LAM)

Lactational Amenorrhea Method (LAM) is used by a woman who has just given birth and is exclusively breastfeeding. This method is highly effective for the first six months after childbirth, provided the woman breastfeeds the baby at least every four hours during the day and every six hours through the night, and that her menstrual period has not yet returned. After six months fertility may return at any time.

How does it work?

The hormones that trigger lactation (producing breastmilk) interfere with the release of the hormones that trigger ovulation. The more you nurse your baby, the less likely you are to ovulate.

How effective is it?

About 2 out of 100 women who use continuous breastfeeding will become pregnant in the first six months, based on typical use.

Advantages

- + It is a natural way to prevent pregnancy after giving birth
- + Safe and convenient
- + Breastfeeding has many other advantages for the mother and the baby.
- + No cost

Disadvantages

- Effectiveness is limited to only 6 months following childbirth
- Breastfeeding may reduce vaginal lubrication when a woman is having sex
- May be difficult for some to exclusively breastfeed and not use any formula
- Does not protect against STIs