

GPCPC Educational Event 29.7.26 Resources & References

Postnatal Contraception and Family Planning: Supporting Informed Choice

- [Influences on ethnic minority women's experiences and access to contraception in the UK: a systematic qualitative evidence synthesis](#)
- [CoSRH: Beyond Barriers Reports](#)
- [GOV.UK: Abortion statistics in England and Wales 2023](#)
- [CoSRH: Contraceptive implant now licensed for 5 years](#)
- [CoSRH: Contraception after pregnancy guideline](#)
- [CoSRH: IUC Guideline](#) - see appendices 2 & 3 for IUD f/u
- [CoSRH: Emergency Contraception Guideline](#) - p13 & 14 for flow charts
- [UKMEC 2025 Updates](#)
- [BAUS PIL on Vasectomy](#)
- UKMEC (2025) <https://www.cosrh.org/Public/Standards-and-Guidance/uk-medical-eligibility-criteria-for-contraceptive-use-ukmec.aspx>
- UKMEC (2025) Summary Tables https://www.cosrh.org/Common/Uploaded/files/documents/UKMEC_2025_Summary_Tables.pdf
- NHS GP 6-8 Week Maternal Postnatal Consultation: What good looks like guidance <https://www.england.nhs.uk/long-read/gp-six-to-eight-week-maternal-postnatal-consultation-what-good-looks-like-guidance/>
- Contraception Choices <https://www.contraceptionchoices.org/>
- CoSRH Missed Pill Calculator <https://thelowdown.com/missed-pill-calculator>
- How to use the anaesthetic spray for IUD fits - [How to video on using anaesthetic spray for IUD fits](#)



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Fertility returns at day 21 after childbirth

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