

Background:

Postnatal contraception is a key aspect of reproductive health. Many different options are available and to achieve user satisfaction and increase uptake, we must understand what is important to birthing people. We surveyed birthing people to explore their ideas, concerns and expectations regarding postnatal contraception.

Design: Prospective qualitative study

Methods: Survey carried out on postnatal wards in May-June 2021 (paper-based individual questionnaires), analysed in Excel.

Results: 103 responses. Analysed by themes:

- Autonomy
- Personal preferences
- Access to information
- Chance to discuss

It was good to have several options discussed

I wanted help to make the best decision for me.

It was important to get enough information.

I didn't get enough chances to discuss what I wanted.



Outcomes: After this work, we added prompts on our electronic record for all staff at 22 and 34 weeks. We created posters, online and multimedia information.