

AUDIT ON POSTPARTUM FAMILY PLANNING IN RURAL SRI LANKA**Weerasinghe A M¹***¹Consultant Obstetrician and Gynaecologist Base Hospital Teldeniya, Ministry of Health Sri Lanka*Corresponding Author: madushansinghe@gmail.com**ABSTRACT**

Postpartum contraceptives are birth control methods specifically tailored for use in the period following childbirth. Given the unique reproductive circumstances during this time, these contraceptives address the need for family planning and birth spacing. Various options are available, including hormonal methods such as birth control pills, patches, and injections, as well as long-acting reversible methods like intrauterine devices (IUDs). Health professionals work closely with postpartum women to discuss their contraceptive preferences, taking into consideration factors like breastfeeding, medical history, and future family planning goals. The choice of postpartum contraceptives aims to provide effective, safe, and convenient options to support women in managing their reproductive health during the postpartum period, contributing to maternal and child well-being.

A pre-prepared questionnaire was administered to 73 mothers who delivered at Teldeniya Base Hospital and their responses were obtained. It is a self-administered questionnaire consisting of 12 questions. The collected information was analyzed descriptively

Among study participants, 95.9% (n=70) believe that return of fertility can occur after 6 months of childbirth. Most people believe that any contraceptive method can be introduced within 48 hours of giving birth(n=50:68.5%). The majority of participants believe that IUCD can be inserted in the immediate post-partum period(n=60:54.8%). 41.1% of the participants think that LRT can be done 48 hours before and 4 weeks after delivery(n=30). The majority of participants are of the opinion that a breastfeeding mother should wait 6 months before using OCP(n=67:91.8%). Participants identified implants and LRT as the most

successful birth control methods(n=29:39.7%) . 63% of the participants know that it may take several months to re-establish fertility after stopping DMPA(n=46). Most people believe that OCP is the most suitable form of birth control after a first trimester abortion(n=41:56.2%).

It appears that there is a lack of access to updated scientific knowledge to the local people. In antenatal clinics, more attention should be given to raise awareness about post partum contraceptives. The attention of policy makers should be focused on socializing the concept of healthy contraceptive leads to productive family planning and happy life.

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