



**SYMBIOSIS MEDICAL COLLEGE FOR WOMEN  
SYMBIOSIS UNIVERSITY HOSPITAL & RESEARCH CENTRE  
Symbiosis International (Deemed University)**



Accredited by 'NABH'

(Established under section 3 of the UGC Act, 1956)

Re-accredited by NAAC with 'A++' Grade | Awarded Category - I by UGC

Founder: Prof. Dr. S. B. Mujumdar, M. Sc., Ph. D. (Awarded Padma Bhushan and Padma Shri by President of India)

### **Title of the Practice**

Lactational Amenorrhoea as a method of contraception

### **Objectives of the Practice**

To emphasise the use of LAM as a method of contraception emphasizing its use in Post natal mothers for a minimum period of 6 months or till weaning is started.

Exclusive breastfeeding for 6 months.

### **The Context**

Convincing mothers about exclusive breastfeeding and also when to start other methods of contraception if she wants to prolong the next pregnancy.

### **The Practice**

Convincing mothers about exclusive breastfeeding and also when to start other methods of contraception if she wants to prolong the next pregnancy.

To adopt other methods of contraception at the first period after pregnancy.

Frequency of breastfeeding both during day and night to be emphasized.

### **Evidence of Success**

Evidence of success will be prolongation of the next pregnancy.

### **Problems Encountered and Resources Required**

Convincing the mother about exclusive breastfeeding during the first 6 months after the delivery.

Resources required : Counselor, who can counsel the PNC mothers regarding exclusive breastfeeding.

**Professor and Head**  
**Department of OB & Gynac**  
Symbiosis Medical College For Women  
Gram-Lavale, Tal.-Mulshi, Dist.-Pune-412115