



Inter-pregnancy intervals <12 months: advice given, contraception used and notions of ideal timing



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Abstract

The inter-pregnancy interval (IPI) is defined as the time from the end of one pregnancy to conception of the next. Short intervals of < 6 and <12 months are consistently found to be associated with a range of adverse maternal and neonatal outcomes.

Methods

A prospective questionnaire- based study of antenatal women at two hospitals in Sydney (Sep 2016 to May 2018).

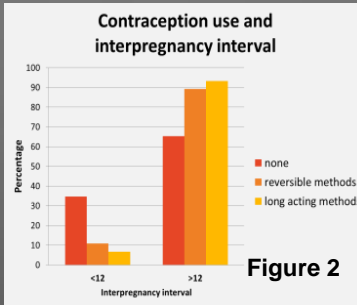
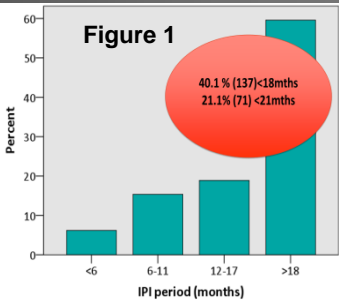
We collected demographic data, previous obstetric history, IPI, contraceptive use and perspectives on advice and timing of the current pregnancy

Objectives

To examine IPI and document understanding about the optimal space between pregnancies

Conclusion

Women lacked information about ideal IPIs. All postpartum women should leave the place of birth fully aware of how quickly they might become pregnant and with firm plans for effective and appropriate contraception should they not wish to become pregnant within a year.



Results

21.5% (71 of the 344 women who had a live birth at last pregnancy) had an IPI of <12 months (Figure 1). 54.9% (189) did not receive advice about IPI. Only 42.9% of those conceived within 12 months said it was the right time. Use of effective contraception significantly impacted on IPI (Figure 2).