

How long should you wait before getting pregnant again?

For most women, it's best to wait at least 18 months between giving birth and getting pregnant again. This means your baby will be at least 1½ years old before you get pregnant.

Too little time between pregnancies can increase your risk of preterm birth, which occurs when a baby is born too early. Preterm babies are more likely to experience health complications compared to babies born at full term. The shorter the gap between pregnancies, the higher the risk of preterm birth.

Your body needs time to fully recover after one pregnancy before being ready for the next. Waiting at least 18 months between pregnancies may help lower the risk of preterm birth in your next pregnancy. During this time, it's a good idea to talk to your healthcare provider about steps you can take to reduce your risk.

What you can do:

- Wait 18 months or more after having a baby before getting pregnant again.
- If you're older than 35 or had a miscarriage or stillbirth, talk to your provider about how long to wait.
- Use effective birth control until you're ready to get pregnant.
- Talk to your healthcare provider about birth control options.

Waiting at least 18 months doesn't mean for sure that your next baby will be born on time, but it can increase the likelihood.



Take action

Get your 18 months.

Fill this out with your provider so you know when you can start trying to get pregnant again:

Example

Date your baby was born May 16, 2023

Add 1 year and 6 months Nov. 17, 2024

Now you try

Date your baby was born _____

Add 1 year and 6 months _____

For more information

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