

Can I Conceive if I'm still Breastfeeding?

QUESTION: If I am currently breastfeeding my 15 mth plus son, are my chances of getting pregnant slim? I have regular menstrual cycles and do know that breastfeeding doesn't guarantee no pregnancy. I do not wish to stop breastfeeding in order to become pregnant but what should I do? And if it's possible to conceive, do I go by the 14-day fertile period 'thing'?

Do you know of anyone who conceived while she was breastfeeding?

ANSWER: If your menstrual cycles have returned, then it means that you're ovulating already so you should be able to get pregnant even though you're breastfeeding. It's when your menstrual cycles have not returned that most mums think that breastfeeding acts like a form of contraceptive. However, breastfeeding is not 100% protection against pregnancy if your menstrual cycles have not returned. You may still get pregnant as you may not know that you're ovulating the first time your menstrual cycle returns while you're breastfeeding. We have heard of many mums who got pregnant even though they're still breastfeeding (many are our own counsellors).

Since you have regular menstrual cycles, you should be able to go by the usual 14 days after the 1st day of menstruation to try conceiving again, I guess. We're not expert in this, but I do recall from my gynae's advice that if you consistently do that and still don't get pregnant after 6 months, you should see a doctor for advice.

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