

Advice on switching to intrauterine contraception (FSRH Guidelines)

IUC method switching to	Contraceptive method switching from	Timing of IUC insertion	Need for additional precautions	Additional information
Cu-IUD	All methods of contraception	Cu-IUD can be inserted at any time if another method of contraception has been used consistently and correctly and it is reasonably certain that the woman is not pregnant or at risk of pregnancy (except in those circumstances that would qualify for use as an EC)	No additional precautions required	Ideally if switching from an LNG-IUS to a Cu-IUD additional contraceptive precautions are advised in the 7 days before changing in case the new method cannot be inserted
LNG-IUS	CHC	Week 2 or 3 of CHC cycle or Day 1 of the hormone-free interval After Day 1 of the hormone-free interval or in Week 1 of CHC cycle	No additional precautions required, providing CHC used correctly for 7 days prior to insertion Continue CHC or use other additional contraception for 7 days	There is evidence to suggest that taking hormonally active pills for 7 consecutive days prevents ovulation Advice for switching during the hormone-free interval may be overcautious but there is a theoretical risk that ovulation may occur as early as Day 10 after stopping CHC, before the LNG-IUS is fully effective
	POP	At any time	Yes, continue POP or use other additional contraception for 7 days	
	Progestogen-only implant	Up to 3 years post-insertion From 3 years post-insertion	No Yes (7 days)	If it is reasonably certain the woman is not pregnant or at risk of pregnancy
	Progestogen-only injectable	≤14 weeks post-IM or SC injection >14 weeks since last IM or SC injection	No Yes (7 days)	If it is reasonably certain the woman is not pregnant or at risk of pregnancy
	Barrier methods	Days 1–7 of the menstrual cycle After Day 7 of the menstrual cycle	No Yes (7 days)	If it is reasonably certain the woman is not pregnant or at risk of pregnancy
	CU-IUD	Any time	Yes (7 days)	Ideally if switching from a Cu-IUD to an LNG-IUS additional precautions are advised in the 7 days before changing in case the new method cannot be inserted