

Advice on switching to the Progestogen-only implant (FSRH Guidelines)

Situation	Implant inserted	Advice regarding additional contraceptive precautions and emergency contraception	Rationale
Switching from CHC	Immediately after the last day of active hormone use (i.e. Day 1 of the hormone-free interval)	No additional precautions required	In theory the implant could be started up to Day 3 of the hormone-free interval without the need for additional precautions as ovulation would not be expected until Day 10 (following two missed pills), allowing 7 days for the implant to work
	Week 1 following the hormone-free interval	7 days of additional precautions required. If UPSI has occurred after Day 3 of the hormone-free interval advise restarting the CHC method for at least 7 days	When switching after a 7-day hormone-free interval there are no data to confirm that suppression of ovulation is maintained
	Week 2–3 of pill/ring/patch	No additional precautions required providing the CHC method has been used consistently and correctly for seven consecutive days before switching	There is evidence to suggest that taking hormonally active pills for seven consecutive days prevents ovulation. Therefore as long as seven pills have been taken, theoretically up to seven pills can be missed without any effect on contraceptive efficacy
Switching from an injectable	Any time within 14 weeks of last injection	No additional precautions required	Ovulation would not be expected to return until at least 7 days after the method has stopped being effective during which time the new method will be effective
	14 weeks + 1 day or more since last injection	7 days of additional precautions required EC would be required if UPSI occurred any time after 14 weeks	
Switching from a POP or LNG-IUS	Any time	7 days of additional precautions required or continue to use the existing method for a further 7 days	As POP and LNG-IUS do not necessarily suppress ovulation, it may take up to 7 days for the implant to suppress ovulation. While a cervical mucus effect may be maintained, there is no evidence to support this
Switching from a non-hormonal method	Days 1–5 of cycle	No additional precautions required	
	Outside Days 1–5 or if amenorrhoeic	7 days of additional precautions required. Cu-IUD should be retained for 7 days if UPSI occurred in the 7 days before implant insertion	