

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

Situation	Starting	Additional contraceptive protection required	Additional information
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 injectable 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
	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 7 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 progestogen-only pill (POP) or levonorgestrel intrauterine system (IS)	Any time	Yes for 7 days or continue method for 7 days	The continuing method provides contraceptive cover while the effects of the injectable are established
Switching from progestogen-only implant	≤3 years since implant insertion	No additional precautions required	
	>3 years since implant insertion	Yes (7 days)	If there has been a risk of pregnancy consider the need for EC and a pregnancy test no sooner than 3 weeks after the most recent incidence of UPSI
Switching from barrier methods	Can be started immediately if the previous method was used consistently and correctly	Yes (7 days) unless the injectable is given within Day 1-5 of the menstrual cycle	
Switching from copper intrauterine device (CUID)	Day 1–5 of menstrual cycle	No additional precautions required	
	Any other time	Yes for 7 days or continue method for 7 days	The continuing method provides contraceptive cover while the effects of the injectable are established