

## Advice on starting the progestogen-only implant (FSRH Guidelines)

Situation	Starting implant	Requirements for additional contraception
Women having menstrual cycles	Day 1–5 of menstrual cycle	Not required
	Any other time; consider pregnancy	7 days
Women who are amenorrhoeic	At any time if it is reasonably certain she is not pregnant	7 days
Postpartum (includes any delivery from 24 weeks' gestation)	On or before Day 21 postpartum	Not required
	After Day 21 postpartum	7 days (unless menstruation recommenced and Days 1–5)
Post first- or second-trimester abortion	Up to and including Day 5 postabortion	Not required
	At any other time if it is reasonably certain she is not pregnant or at risk of pregnancy	7 days
Following oral emergency contraception	Immediately following administration	7 days after levonorgestrel, 14 days after ulipristal acetate
Other situations in which pregnancy cannot be excluded	Consider quick starting implant or bridging method	7 days