

Advice on starting the progestogen-only injectable contraceptive (FSRH Guidelines)

Circumstances	Starting day	Additional contraceptive protection required?	Any additional information
Women having menstrual cycles	≤5 days of menstruation	No additional precautions required	
	Any other time in the menstrual cycle	Yes (7 days)	
Women who are amenorrhoeic	Any time if it is reasonably certain she is not pregnant	Yes (7 days)	
Postpartum	≤21 days postpartum	No additional precautions required	In breastfeeding women, if commencing use before 6 weeks, ideally delay until Day 21
	>21 days if menstrual cycles have returned	Start as for other women having menstrual cycles	If there has been a risk of pregnancy consider EC and quick starting (see below)
	>21 days postpartum if menstrual cycles have not returned	Yes (7 days)	
Post first- or second-trimester abortion	Up to and including Day 5 At any other time if it is reasonably certain she is not pregnant	No additional precautions required Yes (7 days)	Hormonal contraceptives can be initiated after the first part of a medical abortion
Quick starting after oral EC or in other situations in which pregnancy cannot be excluded	Ideally bridge to the injectable with an oral contraceptive or start the injectable immediately if criteria for quick starting fulfilled	Additional precautions required after LNG EC for 7 days or after UPA EC for 14 days	Advise a pregnancy test no sooner than 3 weeks after most recent incidence of UPSI