

Time to effectiveness when switching between contraceptive methods [NB1]

Current contraceptive method	Condition	Time to effectiveness when switching to:					
		copper IUD	levonorgestrel-releasing IUD	etonogestrel implant	depot medroxyprogesterone injection	levonorgestrel or norethisterone POP	COC or drospirenone POP (starting with an active pill) or vaginal ring
no contraception or barrier method	day 1 to 5 of a regular menstrual cycle	immediate	immediate	immediate	immediate	immediate	immediate [NB2]
	at any other time in the menstrual cycle	immediate [NB3]	7 days [NB3]	7 days	7 days	48 hours (3 consecutive pills)	7 days [NB2]
copper IUD [NB4]	removed on day 1 to 5 of a regular menstrual cycle	immediate	immediate	immediate	immediate	immediate	immediate [NB2]
	at any other time in the menstrual cycle, within 5 or 10 years of insertion (depending on type)	immediate	7 days	7 days [NB6]	7 days [NB6]	48 hours (3 consecutive pills) [NB7]	7 days [NB2] [NB6]
levonorgestrel-releasing IUD [NB4]	within 5 years of insertion	immediate	immediate [NB5]	7 days [NB6]	7 days [NB6]	48 hours (3 consecutive pills) [NB7]	7 days [NB2] [NB6]
etonogestrel implant	within 3 years of insertion	immediate	immediate	immediate	immediate	immediate	immediate [NB2]
depot medroxyprogesterone injection	within 14 weeks of last injection	immediate	immediate	immediate	immediate	immediate	immediate [NB2]
levonorgestrel or norethisterone POP	used correctly	immediate	7 days	7 days	7 days	immediate	7 days [NB2]
COC or drospirenone POP or vaginal ring	used correctly	immediate	immediately effective if the person has already had 7 or more days of active hormone COC or drospirenone pills, or used the vaginal ring for 7 days. At all other times, the new method takes 7 days to become effective [NB2]; use barrier methods, abstinence or continue the COC or vaginal ring until a total of 7 days of combined cover has been provided.				immediate [NB2]

COC = combined oral contraceptive; IUD= intrauterine contraceptive device; LNG-IUD = levonorgestrel-releasing intrauterine contraceptive device; POP = progestogen-only pill

NB1: The recommendations in this table assume the current method of contraception is effective at the time of switching. If the current method is not effective at the time of switching (eg late doses, injections or replacement), exclude pregnancy first if switching to an IUD. If switching to any other method, use Quick Start (including abstinence or a barrier method until the new method becomes effective); see *Therapeutic Guidelines*.

NB2: The combined oral contraceptive Qlaira is immediately effective if started on day 1 of a natural menstrual cycle; if started on day 2 or later, or when switching from another form of hormonal contraception, it may take 9 days to become effective. See product information for advice on time to effectiveness when starting or switching to Qlaira.

NB3: Exclude pregnancy before inserting an IUD.

NB4: To avoid potential pregnancy from previous intercourse, consider delaying IUD removal until 7 days have elapsed since the last episode of sexual intercourse.

NB5: If a 52 mg LNG-IUD has been in place for 5 to 7 years and a urinary pregnancy test is negative, replace the LNG-IUD and repeat the pregnancy test 4 weeks later.

NB6: Consider starting 7 days before IUD removal to provide continuity of contraception.

NB7: Consider starting 48 hours before removing the IUD (allowing 3 consecutive pills to be taken before removal) to provide continuity of contraception.