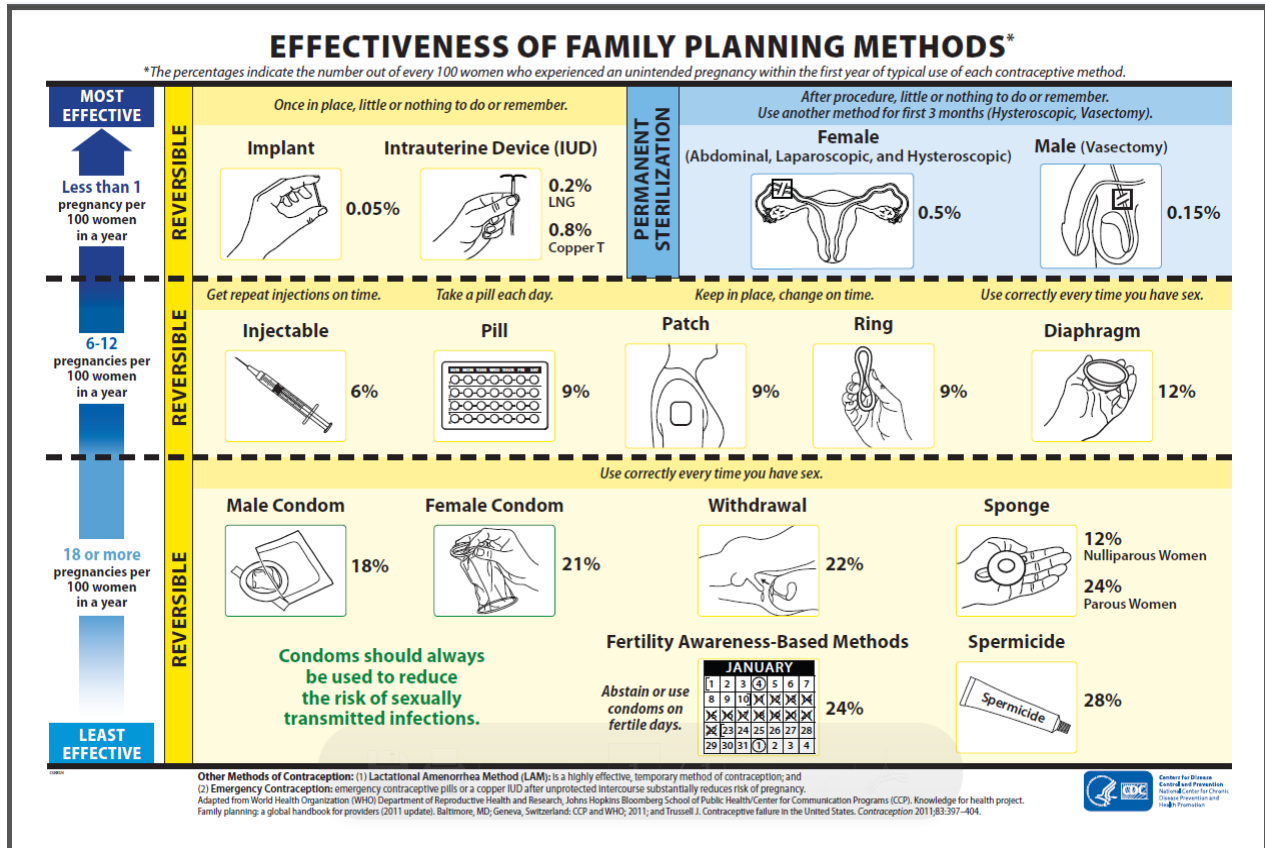




Contraception Pearls for Practice



From: <http://www.cdc.gov/reproductivehealth/unintendedpregnancy/contraception.htm#>

Table 1: When to start using specific contraceptive methods³

Contraceptive method	When to start	Additional contraception (i.e. back-up) needed	Examinations or tests needed before initiation
Copper-containing IUD	Anytime (Need negative pregnancy test)	Not needed	Bimanual examination and cervical inspection
Levonorgestrel-releasing IUD	Anytime (Need negative pregnancy test)	If > 7 days after menses started, use back-up method or abstain for 7 days	Bimanual examination and cervical inspection
Injectable	Anytime*	If > 7 days after menses started, use back-up method or abstain for 7 days	None
Combined hormonal contraceptive	Anytime*	If > 5 days after menses started, use back-up method or abstain for 7 days	Blood pressure measurement
Progestin-only Pill	Anytime*	If > 5 days after menses started, use back-up method or abstain for 2 days	None

IUD= intrauterine device

Adapted from <http://www.cdc.gov/mmwr/pdf/rr/rr6205.pdf>

*Anytime means anytime you are reasonably certain that the woman is not pregnant (See Appendix 1 in handout)

Reference numbers refer to references in handout

<http://www.medicine.dal.ca/departments/core-units/cpd/programs/academic-detailing-service.html>

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