

Things to consider when switching from current method to an IUC

Current Methods	Switching Towards			
	LNG-IUS	Copper IUD	COC, patch, ring, progestin only pill, contraceptive implant	DMPA
COC, patch, ring, progestin only pill, contraceptive implant	Continue current contraceptive method for 7 days after insertion	May be inserted WITHIN 5 days after stopping previous methods		
DMPA	Insert within 13 weeks of last injection	Insert 14 weeks and 5 days of last injection		
LNG-IUS	Insert same day as removal	Insert same day as removal	Initiate contraceptive method at least 7 days before removing LNG-IUS (note: progestin only pill can be initiated at least 2 days prior to switch)	Inject DMPA at least 7 days before removing LNG-IUS
Copper IUD	Insert same day of removal and use condom for 7 days before and after insertion	Insert same day as removal	Initiate contraceptive method at least 7 days before removing LNG-IUS (note: progestin only pill can be initiated at least 2 days prior to switch)	Inject DMPA at least 7 days before removing LNG-IUS