

# Reference for Pharmacists: Beginning a Family Planning Method after Emergency Contraception

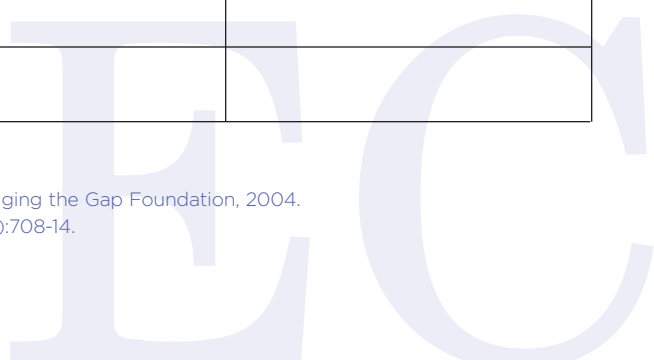


Method	Regular Start	Jump Start	Reminders
Oral contraceptive pills (combination or progestin-only)	<p><b>Use back-up contraception method until next period.</b> Then start taking 1 pill daily on 1st day of period (day 1 start) or on the Sunday after the 1st day of period (Sunday start). If pills are started on any day other than day 1 start, must <b>use back-up contraception method for 1st 7 days.</b></p>	<p>Start a new package of oral contraceptives the day after taking 2 emergency contraception doses (<b>use back-up contraception method for 1st 7 days.</b>)</p> <p>If patient took emergency contraception because of missed oral contraceptive pills, she may restart same pack of pills the day after taking the 2 emergency contraception doses (no need to catch-up missed pills).</p>	<p>Perform pregnancy test if patient does not have a normal period after completing first package of pills.</p> <p>Remind patient that she should only take 1 pill daily of oral contraceptives.</p>
Injectable contraceptives (combination or progestin-only)	<p><b>Use back-up contraception method until next period.</b> Then schedule first injection during first 5 days of period. If the shot is started on any other days, <b>must use back-up contraception method for 1st 7 days.</b></p>	<p>Start either injectable method the day after taking the 2 emergency contraception doses (<b>use back-up contraception method for 1st 7 days.</b>)</p> <p>Modified jump start: start oral contraceptives the day after taking the 2 emergency contraception doses (<b>use back-up method for 1st 7 days</b>); start injectable contraceptive after next period (<b>use back-up contraception method for 1st 7 days.</b>)</p>	<p>If using jump start, consider having patient perform pregnancy test in 2-3 weeks.</p>

(chart continued on back)

(chart continued from front)

Method	Regular Start	Jump Start	Reminders
Combination ring	<b>Use back-up contraception method until next period.</b> Then insert ring within 5 days of start of period. If ring is inserted on any other days, <b>must use back-up contraception method for 1st 7 days.</b>	Insert the ring a day after taking the 2 emergency contraception doses ( <b>use back-up contraception method for 1st 7 days</b> ).	Perform pregnancy test if patient does not have a normal period after completing use of 1 ring.
Combination patch	<b>Use back-up contraception method until next period.</b> Then apply patch on the 1st day of period (day 1 start) or on the Sunday after the 1st day of period (Sunday start). If patch is applied on any day other than day 1 start, <b>must use back-up contraception method for 1st 7 days.</b>	Apply the patch a day after taking the 2 emergency contraception doses ( <b>use back-up contraception method for 1st 7 days</b> ).	Perform pregnancy test if patient does not have a normal period after completing first package of patches.
Intrauterine device (IUD)	<b>Use back-up contraception method until next period,</b> then proceed with IUD insertion.		
Diaphragm	Begin using immediately.		
Condoms	Begin using immediately.		
Spermicides	Begin using immediately.		



Adapted from:  
 Hatcher RA, Ziemann M et al. A Pocket Guide to Managing Contraception. Tiger, Georgia: Bridging the Gap Foundation, 2004.  
 Weismiller DG. Emergency Contraception. American Family Physician. 2004, August 15;70(4):708-14.