



HOW TO SWITCH BIRTH CONTROL METHODS

SWITCHING FROM:

SWITCHING TO:

	PILL	PATCH	RING	DEPO (PROGESTIN) SHOT	PROGESTIN IMPLANT	PROGESTIN IUD	COPPER IUD
PILL	No Gap: Take first pill of new pack the day After taking any pill in old pack.	Start patch one day before stopping pill.	No Gap: insert ring the day after taking any pill in pack.	Get first shot seven days before stopping pill.	Insert implant four days before stopping pill.	Insert progestin IUD seven days before stopping pill.	Can insert copper IUD up to five days after stopping pill.
PATCH	Start pill one day before removing patch.	-	No Gap: insert ring and remove patch on the same day.	Get first shot seven days before removing patch.	Insert implant four days before removing patch.	Insert progestin IUD seven days before removing patch.	Can insert copper IUD up to five days after removing patch.
RING	Start pill one day before removing ring	Start patch two days before removing ring	-	Get first shot seven days before removing ring.	Insert implant four days before removing ring.	Insert progestin IUD seven days before removing ring.	Can insert copper IUD up to five days after removing ring.
DEPO (PROGESTIN) SHOT	Can take first pill up to 15 weeks after the last shot.	Can start patch up to 15 weeks after the last shot.	Can insert ring up to 15 weeks after the last shot.	-	Can insert implant up to 15 weeks after the last shot.	Can insert progestin IUD up to 15 weeks after the last shot.	Can insert copper IUD up to 16 weeks after the last shot.
PROGESTIN IMPLANT	Start pill seven days before removing implant.	Start patch seven days before removing implant.	Start ring seven days before removing implant.	Get first shot seven days before removing implant.	-	Insert progestin IUD seven days before removing implant.	Can insert copper IUD up to five days after removing implant.
PROGESTIN IUD	Start pill seven days before removing IUD.	Start patch seven days before removing IUD.	Start ring seven days before removing IUD.	Get first shot seven days before removing IUD.	Insert implant four days before removing IUD.	-	Can insert copper IUD right after removing progestin IUD.
COPPER IUD	Start pill seven days before removing IUD.	Start patch seven days before removing IUD.	Start ring seven days before removing IUD.	Get first shot seven days before removing IUD.	Insert implant four days before removing IUD.	Insert progestin IUD right after removing copper IUD and use backup method for seven days .	