

Interim FSRH Guidance on Incorrect Use of Combined Hormonal Contraception (January 2019)

Missing combined hormonal contraception (CHC) removes the suppressive effects of contraceptive steroids on ovarian follicle growth thereby risking ovulation and conception. Women using CHC who miss combined oral contraception (COC) or make mistakes with their combined vaginal ring (CVR) or combined transdermal patch (CTP) are at increased risk of pregnancy compared with women who use CHC perfectly.

This document provides guidance on incorrect use of the:

- ▶ [combined oral contraception](#)
- ▶ [combined vaginal ring \(Nuvaring[®]\)](#)
- ▶ [combined transdermal patch \(Evra[®]\)](#)

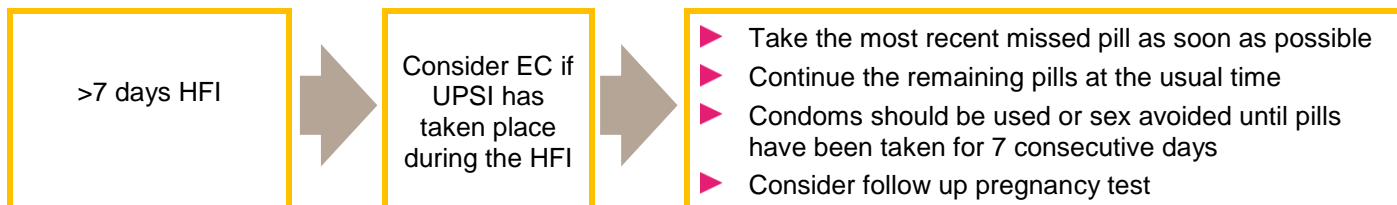
For further information see [FSRH Clinical Guideline Combined Hormonal Contraception](#).

Please note that this guidance is currently under review.

If you would like to be informed about the publication of the final guidance, please email CEU.Chalmers@nhslothian.scot.nhs.uk with the subject heading 'Final FSRH Guidance on incorrect use of CHC'.

Guidance on incorrect use of the combined oral contraception (monophasic ethinylestradiol COC without placebo pills only)

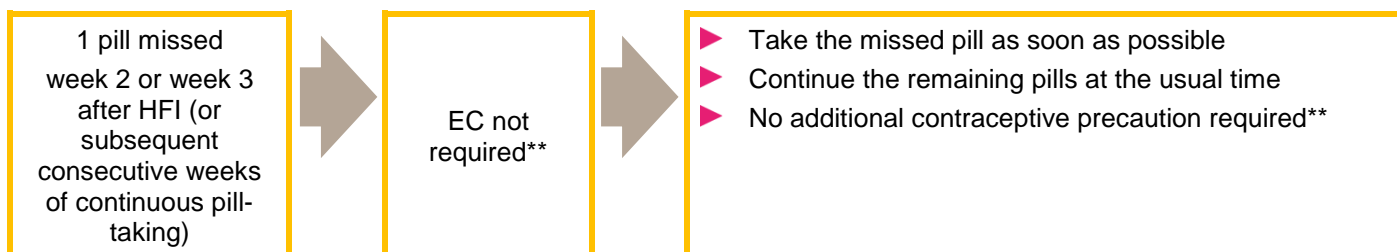
Late restarting after HFI:-



1 missed pill (48 to <72hours since last pill in current pack was taken):-

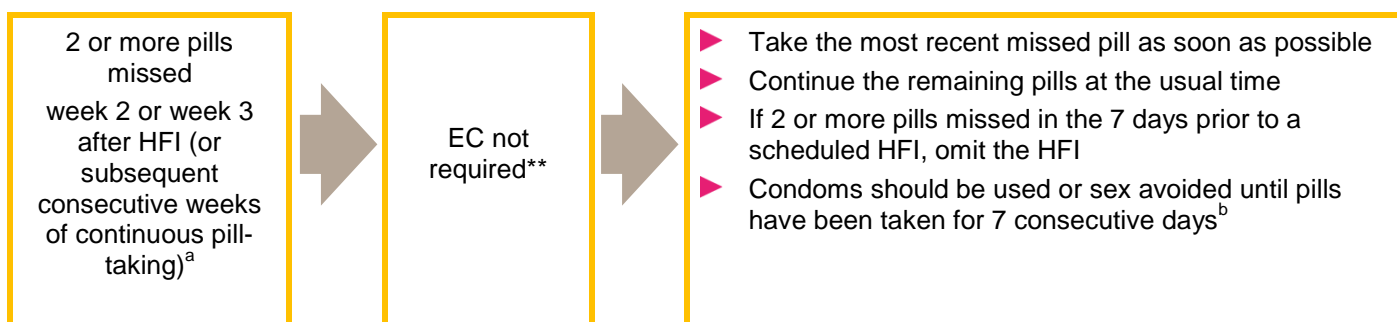
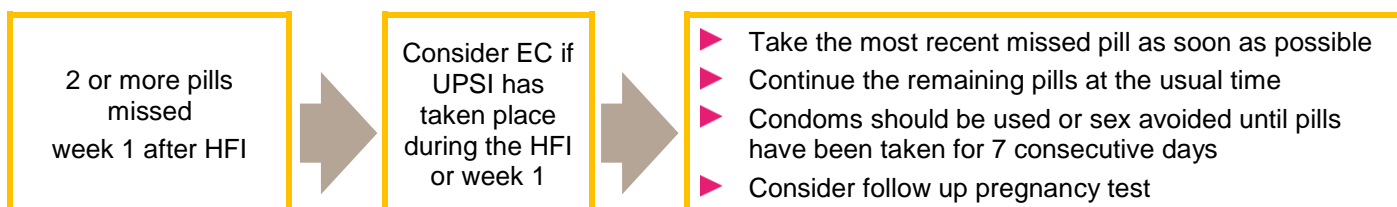


* if consistent, correct use earlier in week 1 and the 7 days prior to the HFI



**if consistent, correct use in the previous 7 days

2 or more missed pills (≥72 hours since last pill in current pack was taken):-



**if consistent, correct use in the previous 7 days

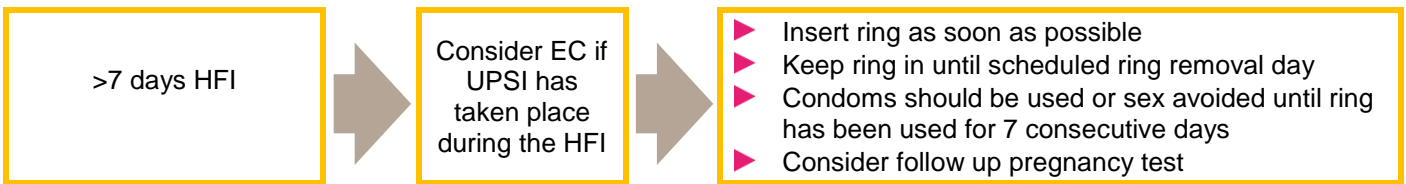
^a Theoretically this could apply to up to 7 consecutive days of missed pills, but evidence is lacking

^b Overcautious, but a back-up in case of subsequent incorrect use

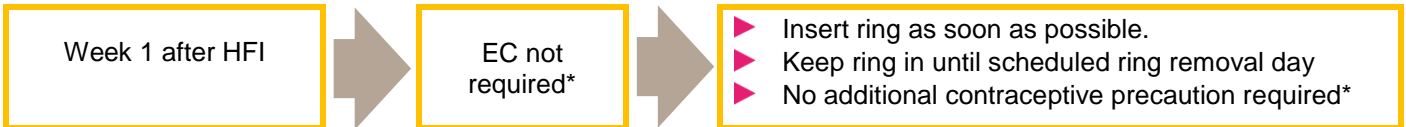
Abbreviations: COC, combined oral contraception; EC, emergency contraception; HFI, hormone-free interval; UPSI, unprotected sexual intercourse

Guidance on incorrect use of the combined vaginal ring (Nuvaring®)

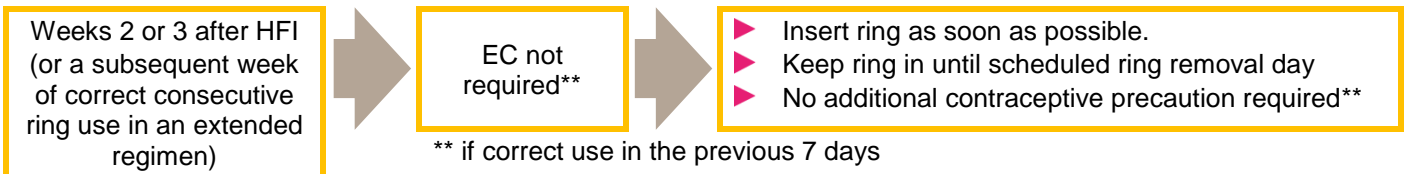
Late restarting ring after scheduled HFI



Unscheduled ring removal for <48 hours

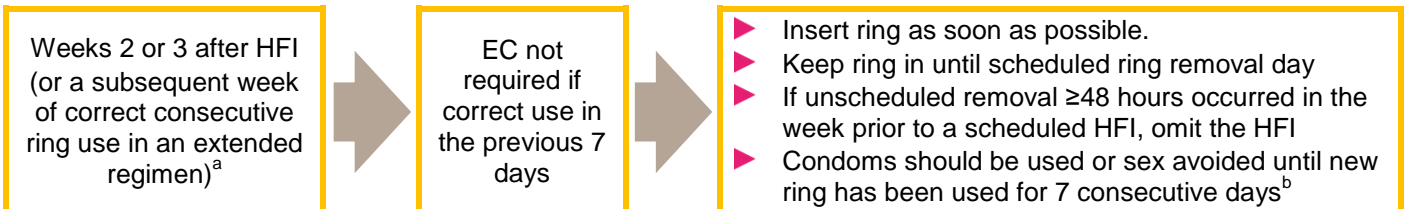
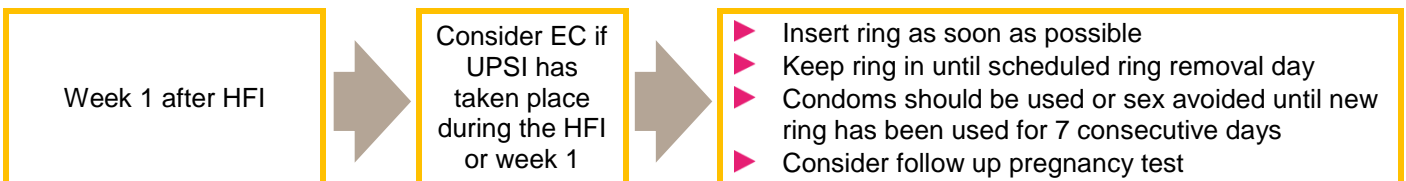


* if correct use earlier in week 1 and the 7 days prior to the HFI

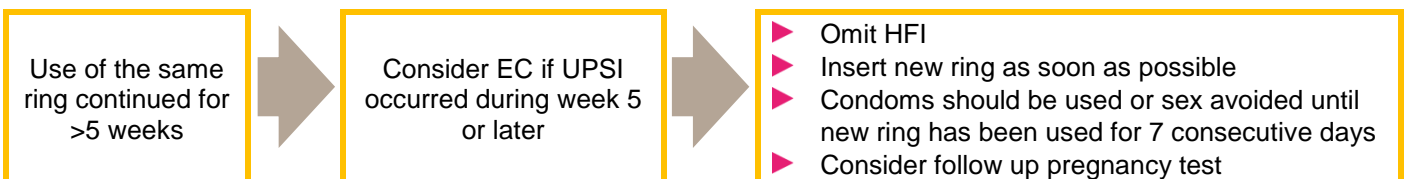
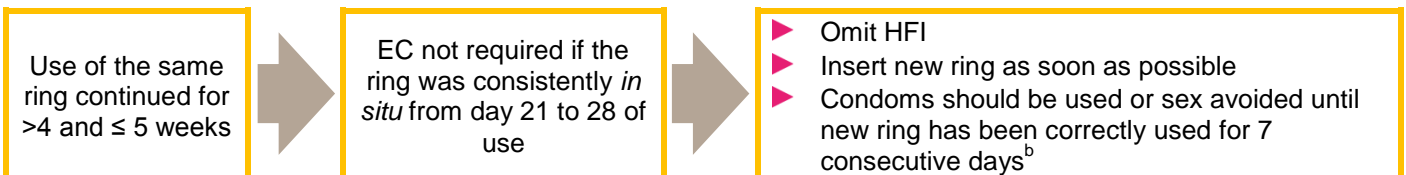


** if correct use in the previous 7 days

Unscheduled ring removal for ≥48 hours



Accidental continued use of the same ring beyond 3 weeks

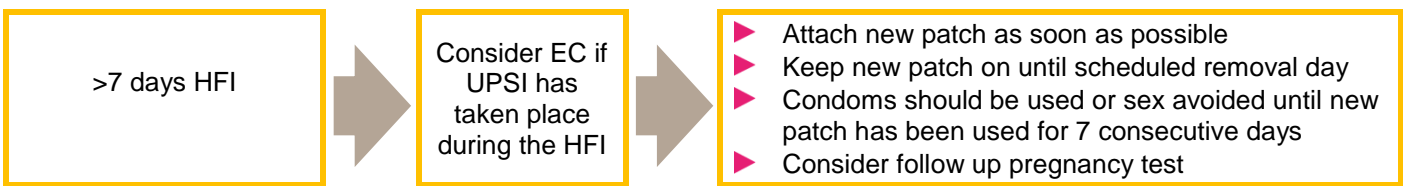


^a Theoretically this could apply to up to 7 consecutive days unscheduled ring removal, but evidence is lacking

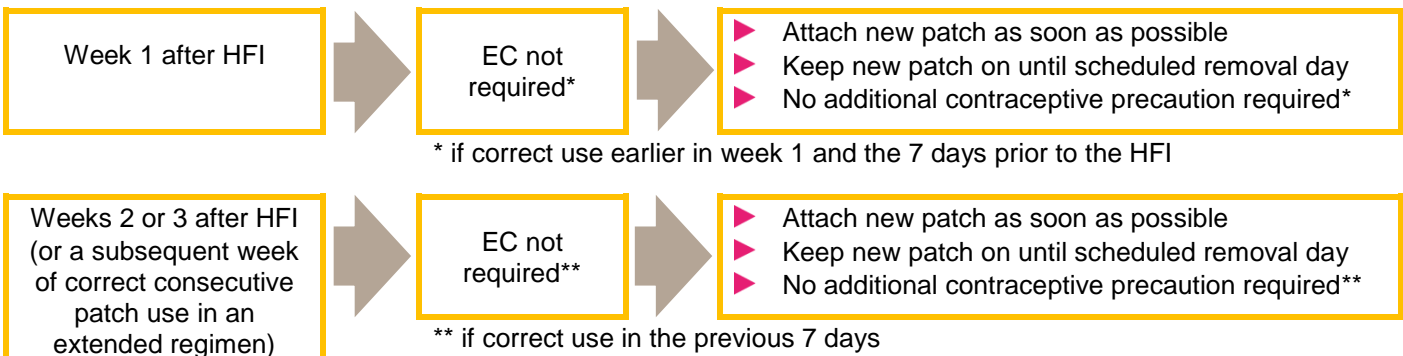
^b Overcautious, but a back-up in case of subsequent incorrect use

Guidance on incorrect use of the combined transdermal patch (Evra®)

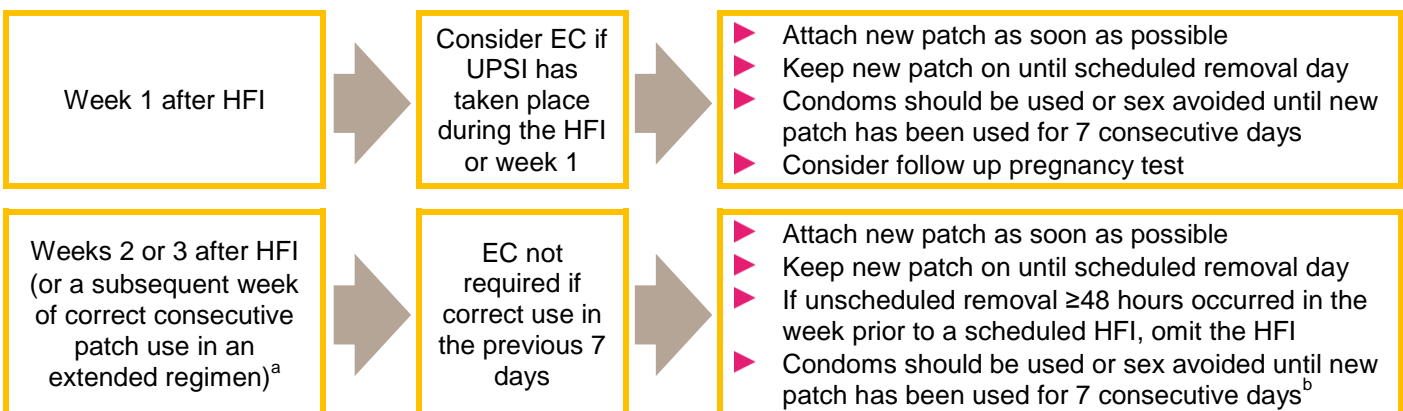
Late restarting patch after scheduled HFI



Unscheduled patch detachment for <48 hours or continued use of same patch for up to 48 additional hours



Unscheduled patch detachment for ≥48 hours or continued use of the same patch for ≥48 additional hours



^a Theoretically this could apply to up to 7 consecutive days unscheduled patch removal, but evidence is lacking

^b Overcautious, but a back-up in case of subsequent incorrect use

Abbreviations: EC, emergency contraception; HFI, hormone-free interval; UPSI, unprotected sexual intercourse