Quick Start Algorithm — Patient requests a new birth control method:

1. Pill, Patch, Ring, Injection

   First day of last menstrual period (LMP) is:
   - < 7 days ago.
   - > 7 days ago.

   Unprotected sex since last LMP?
   - yes
     - Start pill/patch/injection today.
     - Urine pregnancy test: negative*
       - Patient understands risk of early pregnancy and wants to start pill/patch/ring/injection today.
     - Patient wants to wait to start new method. Give prescription for chosen method; advise patient to use barrier method until next menses.
   - no
     - Start pill/patch/ring/injection today.
     - Use backup method for 7 days.
     - Unprotected sex in the past 5 days?
       - yes
         - Offer levonorgestrel EC now.**
         - Start pill/patch/ring/injection today.
         - Use backup method for 7 days.
       - no
         - Start pill/patch/ring/injection today.
         - Use backup method for 12 days.
         - Two weeks later, urine pregnancy test is negative;* continue pill/patch/ring/injection.

2. Progestin IUD or Implant

   First day of LMP is:
   - < 7 days ago.
   - > 7 days ago.

   Unprotected sex since last LMP?
   - yes
     - Insert IUD/implant today.
     - Urine pregnancy test: negative*
       - Patient prefers pill/patch/ring as a bridge to the IUD/implant.
     - Patient declines pill/patch/ring as a bridge to the IUD/implant, understands risk of early pregnancy, and wants IUD/implant today.
   - no
     - Insert IUD/implant today, 2 weeks after initial visit. Use backup method for 7 days.
     - Two weeks later, urine pregnancy test is negative.

* If pregnancy test is positive, provide options counseling.
** For patients with body mass index over 25, levonorgestrel EC works no better than placebo. For those who had unprotected sex 3-5 days ago, ulipristal EC has higher efficacy than levonorgestrel EC.
*** Because ulipristal EC may interact with hormonal contraceptives, the new method should be started no sooner than 5 days after ulipristal EC. Consider starting injection/IUD/implant sooner if benefit outweighs risk.
If pregnancy test is positive, provide options counseling.