



Bridging and QuickStart Contraception Service Guidance

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Approved by the NESB Community Pharmacy Services working group

Valid From: 1st December 2022
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Version 1

Bridging and QuickStart Contraception Service

Bridging Contraception

If someone's first choice of contraception is not available at the time of initial consultation, a suitable bridging method of contraception can be started to provide contraceptive cover until her preferred method can be commenced where appropriate.

Quick starting

Quick starting is the term used to describe immediate initiation of a contraceptive method at the time a woman requests it rather than waiting for the start of the next natural menstrual period. If a hormonal method of contraception is quick started, it may not be immediately effective and additional contraceptive precautions (barrier or abstinence) are often required until the new method becomes effective.

For more information go to:

- FSRH Guidance can be found at [Home - Faculty of Sexual and Reproductive Healthcare \(fsrh.org\)](https://www.fsrh.org)
- FSRH guideline: Quick starting contraception: [1fsrh-guideline-quick-starting-contraception-april-2017 \(1\).pdf](#)

UKMEC Category

The UK Medical Eligibility Criteria for Contraceptive Use (UKMEC) offers guidance to providers of contraception regarding who can use contraceptive methods safely. The recommendations allow for consideration of the possible methods that could be used safely by individuals with certain health conditions (e.g. hypertension) or characteristics (e.g. age) to prevent an unintended pregnancy

UKMEC Category 1: A condition for which there is no restriction for the use of the method.

UKMEC Category 2: A condition where the advantages of using the method generally outweigh the theoretical or proven risks.

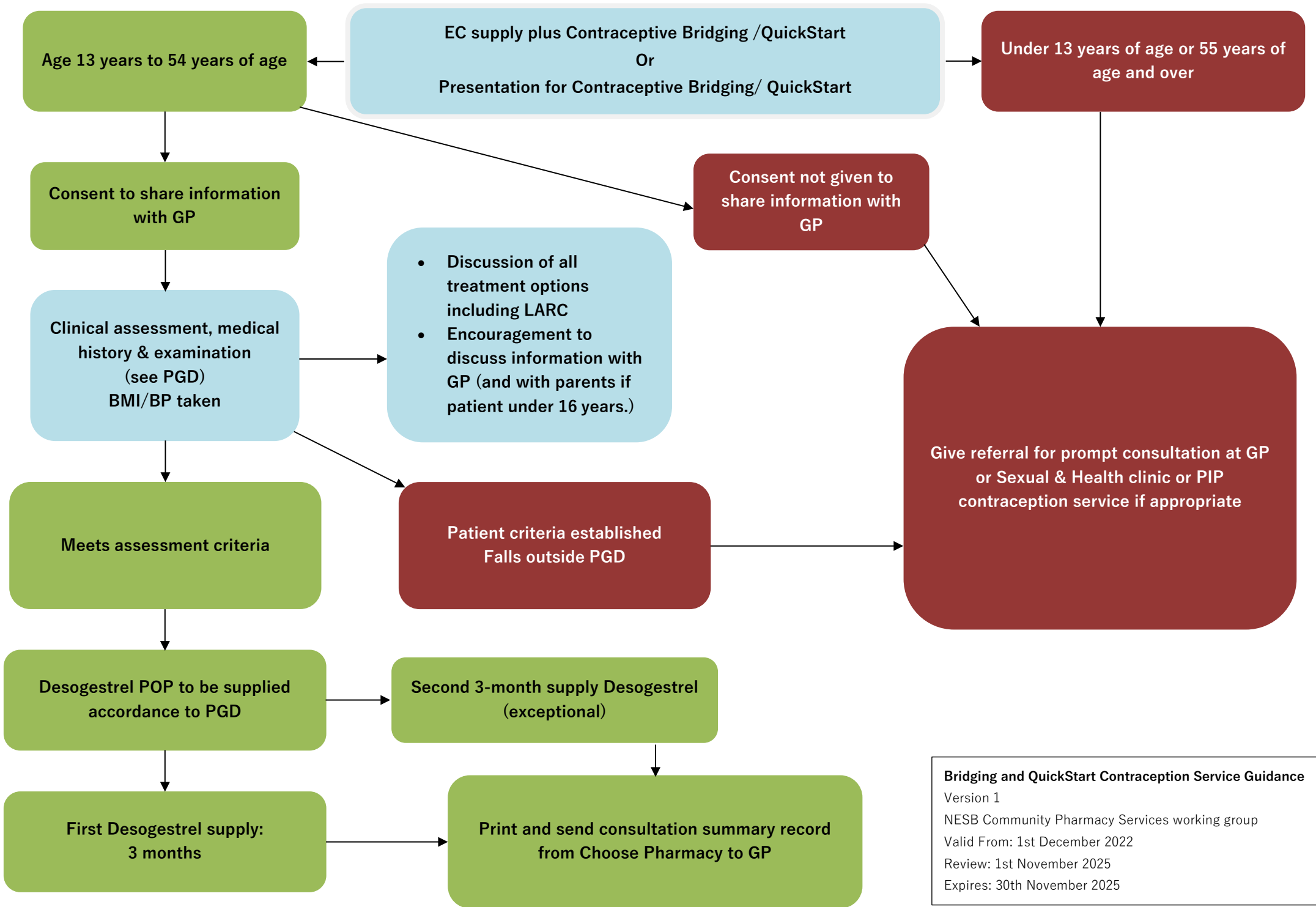
UKMEC Category 3: A condition where the theoretical risks usually outweigh the advantages of using the method. The provision of the method requires expert clinical judgement and/or referral to a specialist contraceptive provider, since use of the method is not usually recommended unless other more appropriate methods are not available or not acceptable.

UKMEC Category 4: a condition which represents an unacceptable health risk if the method is used

For more information go to:

- UK Medical Eligibility Criteria for Contraceptive Use [UKMEC April 2016 \(Amended September 2019\) - Faculty of Sexual and Reproductive Healthcare \(fsrh.org\)](#)

For further information on local Health board safeguarding procedures please contact local safeguarding teams or your HB community pharmacy lead. If using the Young Person Screening Checklist, document in the Choose Pharmacy module notes, 'Young Person Screening Checklist completed'



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