

Prioritising care during Covid 19 - Sweden

During the COVID-19 pandemic it may be difficult to see women within the stipulated time for renewal of contraceptive prescriptions. Prioritizing the limited time slots for on site visits for women in need of new prescriptions/placements is likely to prevent the highest number of unplanned and unwanted pregnancies.

In order to provide guidance for health care providers the working and reference group on family planning within the Swedish Society for Obstetricians and Gynecologists have made the following recommendations in case of limited availability for on site visits.

A renewal as below always requires a consultation with a health care provider which may be performed by telephone, chat, or video call.

- Mirena/Levosert may stay in place for up to 6 years
- Jaydess should be replaced after 3 years.
- Kyleena has not been on the market for long enough to cause any change in recommendations.
- Copper-IUDs with at least 300 mm² of copper may stay in place for 6 years. Others should be replaced as recommended by the manufacturer.
- Nexplanon may stay in place for up to 5 years.
- Combined hormonal contraception may be renewed without an on site visit. On site visits are required every two years.
- Progestin only contraception may be renewed indefinitely without on site visits.
- Progestin only injection may be given every 4 months- this recommendation should have women recover in case of active COVID-19 at the time of the 3 month injection visit.