

MISSED A PILL?

HOW LATE ARE YOU?

Less than 24 hours late?

That is, less than 48 hours since you took an 'active' pill.

Example: You took Monday's Pill at 9 am, forgot your Pill on Tuesday and it is now 7 am on Wednesday.

Take the late pill now (even if this means 2 pills in a day) and further pills as usual. That's all.

More than 24 hours late?

That is, more than 48 hours since you took an 'active' pill.

Example: you took Monday's Pill at 9am, forgot your Pill on Tuesday and it is now 11am on Wednesday.

Where in the pill cycle have you missed the pill (s)?

Any of the first 7 'active' hormone pills after the week of 'inactive' pills?

Take the most recently missed pill now

Take further pills as usual (even if this means 2 pills in a day)

You will not be protected from pregnancy until you've taken 7 'active' pills in a row. Use condoms or no sex until you have taken 7 consecutive 'active' pills.

If you've had unprotected sex in the last 5 days, Emergency Contraception is recommended.

Any of the middle 7 'active' hormone pills

Take the most recently missed pill now

Take further pills as usual (even if this means 2 pills in a day)

You will not be protected from pregnancy until you've taken 7 'active' pills in a row.

Use condoms or no sex until you have taken 7 consecutive 'active' pills.

Last 7 days of hormone pills before the week of 'inactive' pills?

Take the most recently missed pill now

Take further pills as usual (even if this means 2 pills in a day)

You will not be protected from pregnancy until you've taken 7 'active' pills in a row. Use condoms or no sex until you have taken 7 consecutive 'active' pills.

AND skip 'inactive' pills in this pack. Go straight onto first hormone pills in next pack.

Any of the 'inactive' pills?

No precautions required.

You are still protected from pregnancy as long as you haven't missed any 'active' hormone pills.