



# Missed a Pill? How late are you?

## More than 24 hours late?

That is, more than 48 hours since you took an 'active' pill.  
For example, you took Monday's pill at 9.00 am, forgot your Tuesday pill and it is now 11.00 am 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 consecutive 'active' pills.  
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 consecutive 'active' pills.  
Use condoms or no sex until you have taken 7 consecutive 'active' pills  
**AND**  
skip 'inactive' pills in this pack. Go straight into 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.

## Less than 24 hours late?

That is, less than 48 hours since you took an 'active' pill.  
For example, you took Monday's pill at 9.00 am, forgot your Tuesday pill and it is now 7.00 am on Wednesday.

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