

Missed a combined hormonal oral contraceptive pill (COCP)?

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 9.00am,
forgot your Tuesday pill and it is now 11.00am on Wednesday.
Where in the pill cycle have you missed the pill(s)?

Any of the first 7 'active' hormone pills after the 4 '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 from the 8th to the 17th '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.

Any of the last 7 days 'active' pills before 4 '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 onto the hormone pills in the next pack.

Any of the 'inactive' pills.

No precautions are 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.