

How many pills have you missed?*

One pill
or if you have started the new pack
one day late.

Take the last pill you missed now.
Continue taking the rest
of the pack as usual.
No additional contraception needed.
You do not need to use
emergency contraception.

***If you miss pills and have also
missed pills earlier in the
pack or in your previous pack,
speak to your doctor or nurse
as you may need emergency
contraception.**

**If you are taking the combined
pill Qlaira and have missed a
pill, the information on this
chart may not apply to you.
Seek advice.**

Two or more pills
or if you have started the
new pack two or more days late.

Take the last pill you missed now.
Continue taking the rest
of the pack as usual.
Leave any earlier missed pills.
Use an additional method of
contraception for the next seven days.
If you have had unprotected sex
in the previous seven days, you may
need emergency contraception.
Seek advice.

**How many pills are left in the pack
after the missed pill?**

Seven or more

Finish pack, have the usual
seven day break or take
the placebo tablets.

Less than seven

Finish pack and begin new
one the next day.
(This means missing out
the break or not taking
the placebo tablets.)