

# COMBINED ORAL CONTRACEPTIVE PILL TROUBLESHOOTING: MISSED PILLS

## What do I do if I miss taking a pill?

If you forget a Pill follow these rules. There are different instructions for missed pills if you are taking the Pill Qlaira - check the information in the packet.

### Less than 24 hours late

*(not more than 48 hours since you took your last pill):*

- take it as soon as you remember
- then take the next one at the usual time - you may end up taking two pills on the same day
- you will still be protected against pregnancy

### More than 24 hours late

*(more than 48 hours since you took your last pill):*

- take it as soon as you remember
- then take the next one at the usual time - you may end up taking two pills on the same day
- throw away any other missed pills
- keep on taking the pills as usual **and** use another form of contraception (such as condoms) or don't have sex for the next 7 days
- you may need to use emergency contraception

### Less than seven hormone pills left in your pack and missed one or more pills:

- continue to take the remaining hormone pills in the pack as soon as you remember
- **don't** have the break or take the non-hormone pills - go straight on to the hormone pills in the next pack
- use other contraception (such as condoms), or don't have sex, for 7 days after the missed pills while waiting for the pill to become effective again

## Do I need to take the emergency contraceptive pill?

The emergency contraceptive pill is available from pharmacies without a prescription – it is important to take it as soon as possible.

There are two types of emergency contraceptive pill. Talk to the pharmacist or doctor about which type is best for you. Consider using the emergency contraceptive pill if you:

- miss more than one pill in the first 7 days of a new pack of pills and have had unprotected sex in the previous 5 days
- start a new pack more than 24 hours late and have had unprotected sex in the previous 5 days
- have unprotected sex in the 7 days after missing more than one pill

### For more information

#### Family Planning NSW Talkline –

[www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline) or 1300 658 886

#### National Relay Service (for deaf people) –

13 36 77

#### TIS National's interpreting service –

131 450

#### Visit your nearest Family Planning NSW clinic –

[www.fpnsw.org.au/clinics](http://www.fpnsw.org.au/clinics)

#### Family Planning NSW client resource on contraception – [What suits me?](#)

#### Family Planning NSW factsheet –

[Emergency contraception](#)