

I missed a pill! What should I do?

First of all, don't panic. Follow this advice if you're late to take your combined contraceptive pill. If you take the mini pill (also called the progestogen only pill) or Qlaira, the advice is different and you should refer to the instructions in your packet.

Contact your doctor or nearest Family Planning Tasmania clinic if you have any questions about a missed or late pill.

If you are under 24 hours late

Take the pill as soon as you remember, even if it means taking two pills in one day. Continue taking the pills but during this time the pill will not protect you against pregnancy. So for the next seven days, use another type of contraception such as condoms or avoid sex.

OR

If you are over 24 hours late

Take the pill as soon as you remember, even if it means taking two pills in one day. Continue taking the pills but during this time the pill will not protect you against pregnancy. So for the next seven days, use another type of contraception such as condoms or avoid sex.

PLUS

Which stage of the packet were you at?

Days 1-7 (first seven hormone pills): take the rest of the packet as normal. It is possible to get pregnant if you had sex in the seven days before you forgot to take the pill.

Days 8-14 (middle seven hormone pills): simply take the rest of the packet as normal.

Days 15-21 (last seven hormone pills): take the rest of the hormone pills (if there are any left). Skip the inactive (sugar) pills and start your next packet without taking a break.

When do I need emergency contraception?

Emergency contraception works for up to five days after you have unprotected sex. Consider emergency contraception if you have had sex within the last five days and you:

- were more than 24 hours late to take a pill in the first seven days of the packet

OR

- you missed two or more hormone pills in one packet

For more information, support and advice visit fpt.org.au or make an appointment at one of the three Family Planning Tasmania clinics in Glenorchy, Launceston and Burnie.

