

Late/Missed Pill advice for Progestogen-only Pills (POP)

Slinda

Are you under 24 hour late to take your Slinda pill?

- If you are not more than 24 hours late for your pill then take it as soon as you remember (This may mean taking 2 pills on the same day/same time).
- Continue to take your pills as normal.
- You do not need additional contraceptive cover or emergency contraception.
- If you are more than 24 hours late for your pill then refer to the following information immediately.

Are you more than 24 hours late to take your Slinda pill?

- If the pill you have missed is in days 1-7 of taking the pill and you have had sex without a condom in the last 7 days then you should seek advice about obtaining Emergency Contraception to prevent possible pregnancy. You should also take the missed pill straight away (this might mean taking 2 pills on the same day/at the same time) and keep taking the white tablets and abstain from sex or use condoms for the next 7 days.
- If you have missed more than one white pill in a packet you will need specific advice about your situation from a nurse/doctor or pharmacist as soon as possible. Keep taking the pills but do not rely on them for contraception.

Microlut/Noriday/Locilan

- Take the missed pill as soon as you notice (this may mean taking 2 pills on the same day/at the same time).
- Continue to take your pills as normal.
- Abstain from sex or use condoms for the next three days.
- If you have had sex without a condom since you missed your pill, you may need emergency contraception.

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

