

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

## Slinda

### Are you under 24 hours 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 two 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 two 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 two 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.

Phone numbers for the clinics are below.

**Glenorchy: 6273 9117**

**Launceston: 6343 4566**

**Burnie: 6431 7692**

