

# How many pills\* have you missed?

## One pill

or if you've started the new pack one day late.

Take the last pill you missed now. Continue taking the rest of the pack as usual. Emergency contraception isn't usually required but may need to be considered if pills have been missed earlier in the pack or in the last week of the previous pack.

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

\* The information on this chart applies to you if you're taking the **combined pill**. If you're taking the progestogen-only pill (POP), see [sexwise.org.uk/pop](https://www.sexwise.org.uk/pop) for missed pill advice.

## Two or more pills

or if you've 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 additional contraception or avoid sex for the next seven days. If you've 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.

### Fewer than seven:

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

