**Video transcript- What to do if you miss a combined pill?**

Hello. You have decided that the combined pill is the most suitable method of contraception for you. It is important that you take the pill correctly to prevent you from becoming pregnant. Here is some advice about what you should do if you accidentally miss a pill or develop diarrhoea and vomiting.

**If you take a pill more than 48 hours after taking the last pill, this counts as a missed pill.**

If only one pill is missed anywhere in your pack you should take this missed pill straight away, even if it means taking 2 pills on one day. Take the remainder of the pack as usual, have your 7 day break as usual, and you will not require any additional contraception.

If two or more pills are missed, you should take the last pill straight away even if it means taking 2 pills on one day. Leave any earlier missed pills. Take the remainder of the pack as usual and you will need to use additional contraception, like condoms or abstain from having sex for the next 7 days.

**The next piece of advice depends on when in your packet you have missed your pill.**

If the pills are missed in **Week 1**, which are pills 1 to 7, then you need to consult your GP or nurse, as emergency contraception may be required if you have had unprotected sex either in this first week or during your pill free week.

If the pills are missed in **Week 2**, which are pills 8 to 14, then you do not need emergency contraception if you have taken the last 7 pills correctly. Use a condom or avoid sex for the next 7 days.

If the pills are missed in **Week 3**, which are pills 15 to 21, then don't stop for your pill free break. Start taking the next packet of active pills straight away. If you normally take placebo pills, discard these and start the next packet of active pills immediately.

If you're taking one of the newer combined pills such as Qlaira or Zoely, the missed pill advice differs and you should consult your instructions or speak to your doctor or nurse.

Always refer to the pill leaflet for further advice on missed pills, as every pill is slightly different.

If you **vomit within 2 hours** of taking your pill it won't have been properly absorbed. Take another pill when you feel well enough. If you continue to vomit you need to seek advice.

If you suffer with **severe diarrhoea lasting more than 24 hours** then it might make the pill less effective. Treat each day you have severe diarrhoea as a missed pill day and follow the missed pill rules.

If you have any questions about how to take your combined pill, please speak to a nurse, GP or sexual health adviser for further information.