

When did you last take your pill?

I'm late restarting after a pill-free break

LESS THAN 9 full days since the time you last took a pill.
Start a new pack now.

9 OR MORE full days since the time you last took a pill.
Start a new pack now. Use condoms or avoid sex for the next 7 days.

You may need emergency contraception and a follow-up pregnancy test if you had unprotected sex in the pill-free break.
Talk to a doctor, nurse or pharmacist as soon as possible.

Up to 48 hours since last pill

Take your next pill now.
Continue taking the rest of the pack as usual.

48 to 72 hours since last pill

You've missed 1 pill.
Take the last pill you missed now.
Continue taking the rest of the pack as usual.

If you're in the first week after a pill-free break, emergency contraception (EC) isn't usually needed unless you've already missed a pill this week OR you missed a pill in the 7 days before the pill-free break.
If you're in any other week, EC isn't usually needed, unless you've missed another pill in the past 7 days.

72 hours (3 days) to 7 days since last pill

You've missed 2 or more pills.
Take the last pill you missed now. Leave any earlier missed pills.
Continue taking the rest of the pack as usual **AND** use condoms or avoid sex for the next 7 days.
If you're due to start a pill-free break within the next 7 days, **don't take the break.**

If you're in the first week after a pill-free break and you had unprotected sex during the break or during week 1, you may need emergency contraception (EC) and a follow-up pregnancy test. Seek advice.
If you're in any other week, EC isn't usually needed unless you've also missed another pill in the past 7 days.

More than 7 days ago and it's not a planned break

You've missed a lot of pills and could be at risk of pregnancy.
Start a new pack now.
Continue taking pills as usual **AND** use condoms or avoid sex for the next 7 days.

If you've had unprotected sex, you may need emergency contraception and you do need a pregnancy test.
Talk to a doctor, nurse or pharmacist as soon as possible.

If you think you might miss more pills, talk to your doctor or nurse about contraception you don't have to remember