

Combined Pill: Missed pill rules

How many pills have you missed?

One pill

Or if you have 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 is not 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.

Two or more pills

or if you have 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 an additional method of contraception for the next 7 days. If you have had unprotected sex in the previous 7 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.)