



What happens if I miss a pill or pills?

- If you miss 3 or more pills in a row, or start a pack 3 days or more late, use a condom or avoid sex for the next 7 days.
- During week 3, if you miss 3 or more pills in a row, use condoms or avoid sex for the next 7 days. Immediately start your next packet of pills. Do not take the non-hormonal pills (28 day pack) or skip the pill-free week (21 day pack).
- If you have a 28 day pill pack and you miss any of the pills during the last week, you will still be protected from an unintended pregnancy. Throw out the pills of any days you missed, and carry on from the day you remembered.