



Appendix 8: What a client should do if they miss taking their contraceptive pills

If you miss pills

Always take a pill as soon as you remember, and continue taking pills, one each day.

Also...



If you miss pills 3 days or more in a row, or if you start a pack 3 days or more late:

Use condoms or avoid sex for the next 7 days



If you miss those 3 or more pills in a row in week 3:

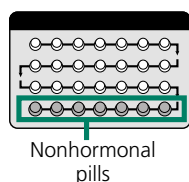
Use condoms or avoid sex for the next 7 days

Also, skip the nonhormonal pills (or skip the pill-free week) and start taking pills at once from the next pack



If you miss any nonhormonal pills (last 7 pills in 28-pill packs only):

Discard the missed pills and continue taking pills, one each day



Source: Reproduced/translated from Family Planning: A Global Handbook for Providers. Geneva. WHO; 2018. Licence: CC BY-NC-SA 3.0 IGO.