ENGLISH — Patient Advice Sheet In case of missed combined oral contraceptive pill (COCP)

⊀ What is a missed pill?

- Taking the pill more than 12 hours later than usual.
- If missed **less than 12 hours**: take the missed pill **immediately**, even if you need to take 2 pills the same day.
 - \rightarrow Continue the pack as normal.
 - \rightarrow No additional precautions needed.
- ▲ Some pills (Zoely®, Qlaira®, etc.) have specific instructions → check the leaflet.

Active or inactive pills?

- Some packs contain 21 active pills + 7 inactive (placebo), others contain 28 active pills.
- Missing an inactive pill has no consequence, as long as you don't go more than 7 consecutive days without hormones.
 - \rightarrow Make sure there are no more than 7 days between the last active pill of one pack and the first active pill of the next.

What to do:

- Take **immediately the last missed pill**, even if 2 pills must be taken the same day, or at the same time.
- If multiple pills missed: take only the last missed one and discard the others to avoid confusion.
- If during week 1 or 2 (days 1–14): continue the pack as normal.
- If during week 3 (days 15–21): start the next pack immediately, without a break or placebo pills.
- Use condoms for the next 7 days.
- If unprotected sex in the last 5 days \rightarrow emergency contraception recommended.
- Take a urine pregnancy test 3 weeks after the at-risk intercourse, even if emergency contraception was used.

Emergency contraception

- Morning-after pill:
 - o Norlevo®: up to 72h
 - o EllaOne®: up to 120h
- Copper IUD: up to 5 days after unprotected sex

Useful tips

- Vomiting or severe diarrhea <4h after taking a pill = missed pill.
- Never go more than 7 days without hormones between packs.
- Use an alarm or reminder app.
- In case of doubt, ask your doctor, midwife or pharmacist.