



ENGLISH – PATIENT ADVICE SHEET

If you forget to take your progestogen-only pill (mini-pill)



What is the time limit for a missed pill?

It depends on the type of progestogen-only pill you are using. Here are the main situations:

- Pill containing **desogestrel 75µg** (Cerazette®, Optimizette®, Antigone®, or generics) → tolerated delay of **12 hours**.
- Pill containing **levonorgestrel 30µg** (Microval®) → tolerated delay of **3 hours**.
- Pill containing **drospirenone 4 mg** (Slinda®) → tolerated delay of **24 hours**, but the instructions differ. → **Check the leaflet**.



If in doubt, check the name on the box or prescription, or ask a healthcare professional.



What to do



If the delay is equal to or less than the tolerated time:

- Take the missed pill as soon as possible.
 - Take the next pill at the usual time.
- Contraceptive effectiveness is maintained.
→ No additional precautions are needed.
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If the delay exceeds the tolerated time:

- Take the missed pill immediately, even if two pills are taken on the same day or at the same time.

If more than one pill was missed, **discard the others** to avoid mistakes.

- ⚠️ If unprotected sex occurred in the past 5 days → **emergency contraception is recommended**.
 - 🩺 Take a **urine pregnancy test 3 weeks after the at-risk intercourse**, even if emergency contraception was used.
 - Use a **condom for the following 7 days**.
 - Continue the pack as normal.
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Emergency contraception

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

- There is **never a break between packs**.
- Take the pill at the **same time every day**.
- Vomiting or severe diarrhea < 4h after taking = equivalent to a missed pill.
- Use an **alarm or reminder app**.
- If in doubt, ask your **doctor, midwife, or pharmacist**.