

HELP- I MESSED UP USING MY CONTRACEPTION!

Instructions for missed combined oral contraceptives

1 active pill < 24 hours late in any week:
Take 1 active pill ASAP* and continue pack as usual.

Missed 1 or more active pills (i.e., >24 hours late):

If during week 1:

Take 1 active pill ASAP* and continue pack as usual.
Back-up contraception for 7 days.

Consider Emergency Contraception (EC) if unprotected intercourse occurred within the 5 days prior to missing pill.

If during week 2 or 3 and missed < 3 pills:

Take 1 active pill ASAP* and continue active pills as usual, but discard placebo pills and start a new pack

If during week 2 or 3 and ≥ 3 pills missed:

Take 1 active pill ASAP* and continue active pills as usual, but discard placebo pills and start a new pack

Back-up contraception for 7 days.

Consider EC if repeated or prolonged omission, or if unprotected intercourse occurred during the time the pills were missed and up until seven active pills have been taken

Instructions for missed extended or continuous hormonal contraceptives

Missed pill after 21 consecutive days of extended or continuous use, up to 7 days can be missed.

If > 7 days missed, instructions would be the same as for cyclic users who have missed/delayed combined hormonal contraceptive in the first week of use.

When the extended/continuous regimen is resumed, recommendations for cyclic users for missed/delayed combined hormonal contraceptive during the first 21 consecutive days of use should be followed.

Missed progestin only pills

Delayed >3 hours or missing ≥ 1 pill:

Unprotected intercourse within the previous 5 days:

EC recommended. Continue pills the next day. Take at same hour daily.

Back-up contraception for 48 hours.

No unprotected intercourse within the previous 5 days:

Take 1 pill ASAP, and continue one pill daily. Take at the same hour daily.

Back-up contraception for 48 hours

Instructions for missed contraceptive ring

Removal ≤ 3 hours Re-insert ring ASAP. Ring removal day (i.e., day 21 after taking ring out of the foil) stays the same.

Insertion delayed ≥ 24 hours or removal for > 3 hours:

During week 1 and removal > 3 hours or unsure how long ring was removed:

Reinsert ring ASAP. Ring removal day (i.e. day 21 after taking ring out of the foil) stays the same.
Back-up contraception for 7 days.

Consider EC if unprotected intercourse within the previous 5 days.

During week 2 or 3 and removal < 72 hours (< 3 days):

Re-insert ring ASAP. Ring removal day (i.e., day 21 after taking ring out of the foil) stays the same.
Then start a new cycle with a new ring immediately.

During week 2 or 3 and removal ≥ 72 hours (≥ 3 days):

Re-insert ring ASAP. Ring removal day (i.e. day 21 after taking ring out of the foil) stays the same.
Then start a new cycle with a new ring immediately.

Back-up contraception for 7 days. Consider EC if repeated or prolonged omission.

Ring is left in for > 28 days:

For 28-35 days:

Insert new ring immediately. Keep it in until the scheduled ring removal day (i.e. day 21 after taking ring out of the foil).

For > 35 days:

Same as above plus back-up contraception for 7 days. Consider EC if unprotected intercourse within the previous 5 days.

Instructions for missed contraceptive patch

Patch detached for < 24 hours:

Reapply or replace ASAP. Patch change day stays the same. Complete the usual cycle of 3 patches.

Application delayed or patch detached ≥24 hours:

If during week 1 and detachment ≥ 24 hours or unsure how long patch was detached:

Apply new patch ASAP. Patch change day stays the same. Complete the usual cycle of 3 patches.

Back-up contraception for 7 days.

Consider EC if unprotected intercourse within the previous 5 days.

During week 2 or 3 and detachment < 72 hours (<3 days):

Apply new patch ASAP. Patch change day stays the same.

Finish the cycle of patches, then start a new 3-patch cycle immediately.

During week 2 or 3 and detachment ≥ 72 hours (≥ 3 days):

Apply new patch ASAP. Patch change day stays the same. Finish the cycle of patches, then start a new 3-patch cycle immediately.

Back-up contraception for 7 days.

Consider EC if repeated or prolonged omission.

Extended wear (>9 days):

Patch 1 or 2 left on for 9 to < 12 days:

Apply new patch.

Patch change day stays the same.

Finish the cycle of patches and start a new 3-patch cycle immediately.

For ≥ 12 days:

Same as above plus back-up contraception for 7 days.

Consider EC if unprotected intercourse within the previous 5 days.

Extended wear of patch 3 will not reduce efficacy unless left on past the scheduled start of the new patch cycle

*EC= Emergency Contraception (like Plan B, available over-the-counter at SHS pharmacy)