

## What happens if you miss your birth control pills?

You could get pregnant.

You may have some bleeding between periods.

You may want to choose another kind of birth control if you miss your pills a lot.

## What do you do if you miss pills?

### If you miss 1 pill or you take it late



- 1 Take the pill you missed now.



- 2 Take the next pill at the usual time.



### If you miss 2 or more pills



- 1 **Today**, take the **most recent** pill you missed. Discard any other missed pills.



Today



Tomorrow



**Most Recent**

- 2 **Tomorrow**, take the next pill at the usual time.

- 3 Take the rest as usual.



- 4 Use condoms or do not have sex for **7** days.

If you missed pills in the last week of hormonal pills (e.g., days 15-21 for 28-day pill packs), just finish the hormonal pills in the current pack, one a day, and start a new pack when you've taken them all.

If you can't start a new pack immediately, use a back-up method (e.g., condoms) or don't have sex until you've taken 7 days of pills from a new pack.

## What can you do if you miss any pills and have had sex without a condom?



Ask right away about the emergency pills at your clinic or a pharmacy.

