Guide for Missed Oral Contraceptive Pills in 21/7 Packs*

1 active pill delayed for <24 hours in any week

WEEK 1

Take 1 pill ASAP and continue to take one pill daily as usual

1 or more missed pills

Take one active pill now. Take the next pill at the regular time (this means that you will take 2 pills in one day).

Continue taking one pill daily until end of pack.

Use condoms or don’t have intercourse for the next 7 days.

Use emergency contraception (Plan B) if you had intercourse without a condom in the past 5 days.

WEEK 2

1-2 missed pills

Take 1 active pill now.

Continue taking one pill daily until end of pack.

3 or more missed pills

Take 1 active pill now. Take the next pill at the regular time (this means that you will take 2 pills in one day).

Continue taking one pill daily until the end of the pack.

Use condoms or don’t have intercourse for the next 7 days.

WEEK 3

1-2 missed pills

Take 1 active pill now.

Continue taking one pill daily until the end of the pack.

Use condoms or don’t have intercourse for the next 7 days.

3 or more missed pills

Take 1 active pill now. Discard remaining missed pills.

Continue taking one pill daily until the end of the pack.

Discard any sugar pills and start a new pack of pills right away.

Use condoms or don’t have intercourse for the next 7 days.

*please consult with your provider if you are taking one of the 24/4 oral contraceptive pills or extended use pills (Seasonale, Seasonique, Lybrel).