

Missed combination hormonal contraceptive pills:

These pills contain both estrogen and a type of progesterone.

Some examples include (but are not limited to) Sprintec, Nikki, Gianvi, Yaz, and Blisovi FE.

# of missed pills	Week of pill pack	What to do	Abstain from sex or use condoms needed
1	Any week	<ul style="list-style-type: none">• Take missed pill ASAP• Take the rest of your pills at usual time• You may end up taking 2 pills in one day	No
2 or more in a row	Week 1 or 2	<ul style="list-style-type: none">• Take the most recent missed pill ASAP• Throw away the other missed pills• Continue taking the rest of your pills at usual time• You may end up taking 2 pills in one day	Yes, for 7 days
2 or more in a row	Week 3	<ul style="list-style-type: none">• Take the most recent missed pill ASAP• Throw away the other missed pills• Finish the rest of hormone pills in pack, skip the week of placebo* pills and start a new pack	Yes, for 7 days
Any number	Week 4	<ul style="list-style-type: none">• Throw away any missed pills this week• Take the rest of the pills at usual time• These pills do not have hormones in them	No



←←← *The 4th row of pills do not have hormones in them (aka placebo pills). It is ok if you miss or skip these pills.

Missed progesterone-only pills:

These pills contain norethindrone and are sometimes referred to as the “mini pill.”

Some examples include, Camila, Errin, and Heather

# of missed pills	Do you get periods with this method?*	What to do	Abstain from sex or use condoms needed
1 or more missed by >3 hours	Yes	<ul style="list-style-type: none">• Take 1 pill ASAP• Take the rest of your pills at usual time• Consider emergency contraception** if you have had unprotected sex in the past 5 days	Yes, for 2 days
1 or more missed by >3 hours	No	<ul style="list-style-type: none">• Take 1 pill ASAP• Take the rest of your pills at usual time	No, if you have delivered a baby < 6 months ago

*If you are breastfeeding, follow the same instructions.

**See instructions on taking emergency contraception.