What to do if you’ve missed a pill AND have had intercourse in the last 5 days.

ECP (Emergency Contraceptive Pill) is Plan B.
You can get it at ISHS 250-592-3479 or at a pharmacy without a prescription.

- **Started a Pack late by even 1 day (resulting in a pill free interval of >7 days)**
  - Take ECP
  - Start pack immediately
  - Use back up method until 7 active pills taken in a row

- **Missed 1 pill**
  - Take missed pill immediately.
  - Take remainder of package as normal
  - No ECP required but it is safe to take if you are really worried.

- **Missed 2 pills**
  - In week 1 or 2 of package
    - Take ECP
    - Take 1 missed pill immediately
    - Discard other missed pills to stay on schedule
    - Use back up method until 7 active pills taken in a row

  - In week 3 of package or if extended or continuous use of pill
    - Take 1 missed pill immediately.
    - No ECP required.
    - Discard other missed pills to stay on schedule.
    - Start next package of pills immediately (no break or sugar pills)
    - Use back up method until 7 active pills taken in a row

- **Missed 3 or more pills**
  - Take ECP
  - Take 1 pill immediately.
  - Discard missed pills to stay on schedule
  - Continue package on schedule
  - Start next package immediately (no break or placebo pills)
  - Use back up method until 7 active consecutive pills taken