Missed Combined Oral Contraceptive Pill Flow Sheet
(DOES NOT apply to Progestin Only Pills/Micronor/Movisse or Lolo)

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

ECP (Emergency Contraceptive Pill) can be purchased at ISH or at a pharmacy without a prescription.
If you have questions or need more information call ISH at 250-592-3479 or visit our website at islandsexualhealth.org

- 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

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

- 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

- Take 1 missed pill immediately
- No ECP required
- Discard other missed pills to stay on schedule
- Continue package on schedule
- Start next package immediately (no break or sugar pills)
- Use back up method until 7 active pills taken in a row

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