

The combined Pill (21 oestrogen-progesterone pills of the same colour).
What to do if forgotten ?

ONE pill from the packet forgotten for more than 12 hours.

Pause	1st week	2nd week	3rd week	Pause
	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	
	<p>without sexual intercourse</p> <ul style="list-style-type: none"> ■ take the forgotten pill as soon as possible even if it means taking 2 at the same time ■ continue to take the next pills + use a condom during next 7 days. <p>With sexual intercourse during the last 7 days (including during the pause)</p> <ul style="list-style-type: none"> ■ take the forgotten pill as soon as possible even if that means taking 2 at the same time and + ask for an emergency contraception. + continue to take the following pills + use a condom during the next 7 days. 	<p>with or without sexual intercourse</p> <p>If you have taken the last 7 pills without forgetting, there is no need to worry :</p> <ul style="list-style-type: none"> ■ take the forgotten pill as soon as possible even if that means taking 2 at the same time + continue to take the next pills as usual + use a condom for the next 7 days 	<p>with or without sexual intercourse</p> <ul style="list-style-type: none"> ■ take the forgotten pill as soon as possible even if that means taking 2 at the same time + continue to take the following pills + begin a new packet without making a pause + use a condom during the next 7 days 	

Forgotten to take 2-3 pills or more

Consult a Family Planning centre, the emergency service at hospital or your doctor immediately.

For a list of Family Planning centres, please consult the site www.sante-sexuelle.ch

Association professionnelle des conseillères et conseillers en santé sexuelle et reproductive, 2010 (corr.).
Membre de PLANeS, Fondation suisse pour la santé sexuelle et reproductive.

Englisch / anglais / inglese

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