

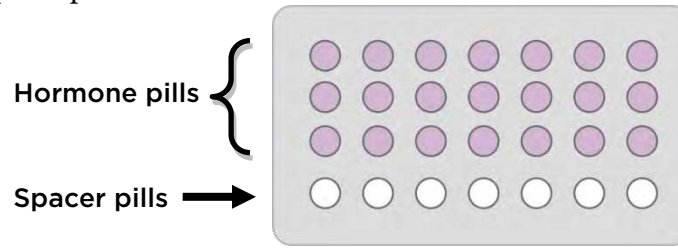


What If I Miss a Pill?

If you miss a birth control pill, follow these guidelines to catch-up.

What to do if you miss a birth control pill

When taking birth control pills, you should take one pill every day at about the same time. There are 2 types of pills in each pack: hormone pills and spacer pills.



28-day pill pack

All pill packs look a little different. Some are round and some are rectangular. The spacer pills are a different color and taken during your menstrual period. The spacer pills do not contain hormones, so you do not need to do anything if you miss one. However, if you miss 1 or more hormone pills, here are some guidelines for what you should do:

If you missed 1 hormone (not spacer) pill:

- Take 1 pill as soon as you remember.
- Resume taking 1 pill daily at your regular time. (This may mean taking 2 pills on that day.)
- You may notice a light menstrual flow, or spotting. Keep taking your pills regularly and it should go away.

If you missed 2 hormone (not spacer) pills:

- Take 1 pill as soon as you remember.
- Take another pill at bedtime. (If you remember at bedtime, you will need to take 2 pills that evening.)
- The next day, take 1 pill in the morning and 1 pill in the evening.
- The third day, resume taking 1 pill daily at your regular time.
- If you are sexually active, you will need to use a backup method of birth control until the end of the month, such as condoms.
- If you have had sex in the last 72 hours (3 days), considering using emergency contraception to prevent pregnancy. Learn more at www.plannedparenthood.org/health-topics/emergency-contraception-morning-after-pill-4363.asp, or contact the Adolescent Nurse Line at 206-987-2028, option 4, Monday through Friday.
- You may notice a light menstrual flow, or spotting. Keep taking your pills regularly and it should go away.

To Learn More

- Adolescent Clinic
206-987-2028
- Your child's
healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask
your child's nurse.
- From outside the
hospital, call the
toll-free Family
Interpreting Line
1-866-583-1527. Tell
the interpreter the
name or extension you
need.

If you missed 3 or more hormone (not spacer) pills:

- Please call the nurse line at 206-987-2028, option 4 as soon as possible.
- There is no catch-up for missing 3 pills, as there is for missing 1 or 2. Resume taking 1 pill daily at your regular time as soon as you remember.
- If you are sexually active, you will need to use a backup method until the end of the birth control pill pack.
- If you had sex in the last 72 hours (3 days), considering using emergency contraception to prevent pregnancy. Learn more at www.plannedparenthood.org/health-topics/emergency-contraception-morning-after-pill-4363.asp, or contact the Adolescent Nurse Line at 206-987-2028, Option 4 Monday- Friday.
- You may notice a light menstrual flow, or spotting. Keep taking your pills regularly and it should go away.
- Consider seeing us to discuss birth control or menstrual management plan that does not require taking a pill every day.

Birth control pills are not effective against sexually transmitted infections (STIs). To avoid STIs, always use condoms as well as birth control pills.