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**

<table>
<thead>
<tr>
<th>1st week</th>
<th>2nd week</th>
<th>3rd week</th>
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<tbody>
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<td><img src="1" alt="" /></td>
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</tbody>
</table>

without sexual intercourse
- 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.

With sexual intercourse during the last 7 days (including during the pause)
- take the forgotten pill as soon as possible even if that means taking 2 at the same time
  + ask for an emergency contraception.
  + continue to take the following pills
  + use a condom during the next 7 days.

If you have taken the last 7 pills without forgetting, there is no need to worry:
- 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

+ continue to take the following pills
  + use a condom during the next 7 days

**Pause**

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](http://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.