

7 Day Rule

Combined Oral Contraceptive Pill

If you are more than **12 hours late** remembering to take your pill then you should:

- Continue taking your pills
- You will not be safe until you have taken the next 7 hormonal pills in a row
- Use another method of contraception as well such as condoms or do not have sexual intercourse until you have had the 7 hormone pills
- If you are taking other medication, such as antibiotics or have diarrhoea or vomiting, use another method of contraception (condoms) during this time and for 7 hormone pills in a row afterwards
- If there are fewer than 7 hormone pills left in the pack, finish the hormone pills, miss out the inactive pills and go straight onto the hormone pills of the next pack. *Because you do not take the inactive pills, you may not have a period until the end of the second pack. **This is not harmful.***