

Progesterone Only Pill

Remember that it is not uncommon to experience irregular bleeding, or even to have no periods at all

3 Hour Rule

You may not be protected from pregnancy if you:

- Miss a pill or take it more than 3 hours after the normal time
- Vomit within 3 hours of taking your pill or have continued vomiting
- Have diarrhoea (several loose bowel motions)

If any of these things happen:

- Continue taking the pill
- Use another method of contraception such as condoms or do not have sexual intercourse for the next 2 days.