

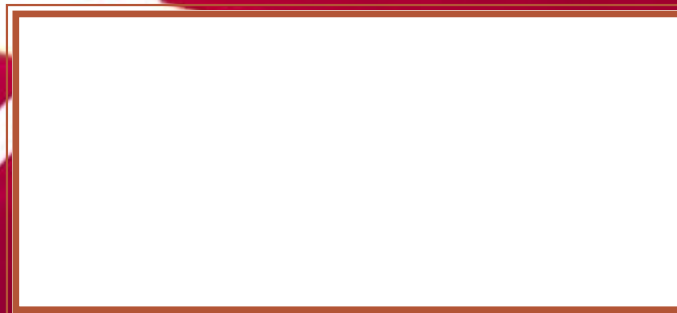
The emergency pill

- ☞ The emergency pill is available in every pharmacy **without prescription**. You have 72 hours (3 days) the time to take the emergency pill, but the sooner you will take it, the more likely this emergency pill will work. In the weekend the pharmacy on duty can help you. The emergency pill consists of one or two pills. If you received two pills, you have to take them together.
- ☞ It might be handy to have the emergency pill always with you. Buy this pill in advance . This way you can take the pill quickly in case of emergency.
- ☞ After taking the emergency pill, it is possible for your menstruation to start either too early, on time or maximum one week late. If your menstruation fails to appear for longer than one week, contact a doctor. The emergency pill is meant only for emergencies. This method is not 100% effective in preventing pregnancy. If you have to vomit during the 4 hours after having taken the emergency pill, this pill will not work. In this case contact a doctor. You will have to take an emergency pill again together with anti-vomitive.

Other contraception methods

If you often forget your pill, it might be recommendable to prevent pregnancy by other means. The contraceptive injection, the patch, an implant, a vaginal ring and the intra-uterine device are other possibilities you can always discuss with your doctor.

Don't forget to
take the pill!



Never think that forgetting a pill can do no harm! If you forget to take one pill, it is already possible to get pregnant, not only on that specific day, but the following weeks as well, even if you don't forget any of the other pills afterwards. You can even become pregnant if you had sex the days before you forgot the pill. In this pamphlet you can read what to do to prevent pregnancy.

What to do?

If you are less than 12 hours too late with your pill, take it as soon as possible. Take the next pill at the usual time again; then there will be no problem. Just continue to finish the strip.

If you are more than 12 hours too late with your pill, the possibility of pregnancy exists. In this situation, consult a doctor. If this is impossible, follow the scheme of possibilities:

🕒 **Forgotten a pill during the first week (day1-day7)**

If you are **12 hours or more** too late with your pill in the first week of the strip (**1st until the 7th day of the strip**) the possibility of pregnancy exists. Take an **emergency pill** as soon as possible and the forgotten pill as well. Take the following pill at the usual time again and just continue to finish your strip. Use a condom for the next seven days as you are not immediately safe again.

🕒 **Forgotten a pill during the second week (day 8-day 14)**

If you forgot to take **one, two or even three pills between the 8th until the 14th day of the strip, pregnancy is unlikely**. Still take the last forgotten pill as soon as possible and the following pill at the usual time again. Finish your strip normally. The **possibility of pregnancy does exist** if during this period you forget **4 pills or more**. Take an **emergency pill** as soon as possible and the forgotten pill as well. Take the following pill again at the usual time and just continue to finish your strip. Use a condom for the next seven days as you are not immediately safe again.

🕒 **Forgotten a pill during the third week (day 15-day 21)**

When you are **12 hours or more** too late with your pill and already in your third and last week of the strip (**the 15th until the 21th day of the strip**) stop immediately with the pill. Wait for your period and start a new pillstrip on the first day of your menstruation. Contact your doctor if your bleedings fail to appear.

🕒 **Remark**

There is no point in taking two pills at once. If you notice that you forgot a pill at the moment you already have to take the other one, just take one and follow the other instructions.