

Missed Progestogen pills (POPs)

Instruction on what to do

Table 1: Recommendations following incorrect progestogen-only pill use

#	Traditional POP	DSG POP	DRSP POP (see also Appendix 2 and Appendix 3)
When is a pill missed?	A pill is missed if taken >3 hours late (>27 hours after last pill taken)	A pill is missed if taken >12 hours late (>36 hours after last pill taken)	A pill is missed if taken >24 hours late (>48 hours after last pill was taken or >24 hours after a new packet should have been started after an HFI)
Action if pill(s) missed	<ul style="list-style-type: none"> Take the most recent missed pill as soon as possible Take the next pill at the usual time (this may mean taking two pills in 1 day) Use additional contraceptive precautions (eg, condoms) for 48 hours after correct pill-taking has restarted Consider EC 	<ul style="list-style-type: none"> Take the most recent missed pill as soon as possible Take the next pill at the usual time (this may mean taking two pills in 1 day) Use additional contraceptive precautions (eg, condoms) for 7 days after correct pill-taking has restarted Consider EC OMIT THE HFI (PLACEBO PILLS) IF ANY OF THE LAST 7 ACTIVE PILLS ARE MISSED 	<ul style="list-style-type: none"> Take the most recent missed pill as soon as possible Take the next pill at the usual time (this may mean taking two pills in 1 day) Use additional contraceptive precautions (eg, condoms) for 7 days after correct pill-taking has restarted Consider EC OMIT THE HFI (PLACEBO PILLS) IF ANY OF THE LAST 7 ACTIVE PILLS ARE MISSED
Is EC required?	EC should be considered if there was UPSI from the time that the first pill was missed until correct pill-taking had resumed for 48 hours		EC should be considered if: <ul style="list-style-type: none"> Any active pill(s) were missed and there was UPSI from the time that the first pill was missed until correct pill-taking had resumed for 7 days Pill(s) were missed on days 1–7 of the packet and there was UPSI during the HFI or week 1 See (Appendix 2 and Appendix 3 for EC if there has been incorrect use of DRSP POP
Follow-up	Consider pregnancy test 21 days after last UPSI		

DRSP, drospirenone; DSG, desogestrel; EC, emergency contraception; HFI, hormone-free interval; POP, progestogen-only pill; UPSI, unprotected sexual intercourse.

Reference link: [FSRH Clinical Guideline: Progestogen-only Pills \(August 2022, Amended July 2023\)](#)

Traditional POP refers to norethisterone (NET) and levonorgestrel (LNG) type
DSP POP refers to desogestrel (Cerazette) type