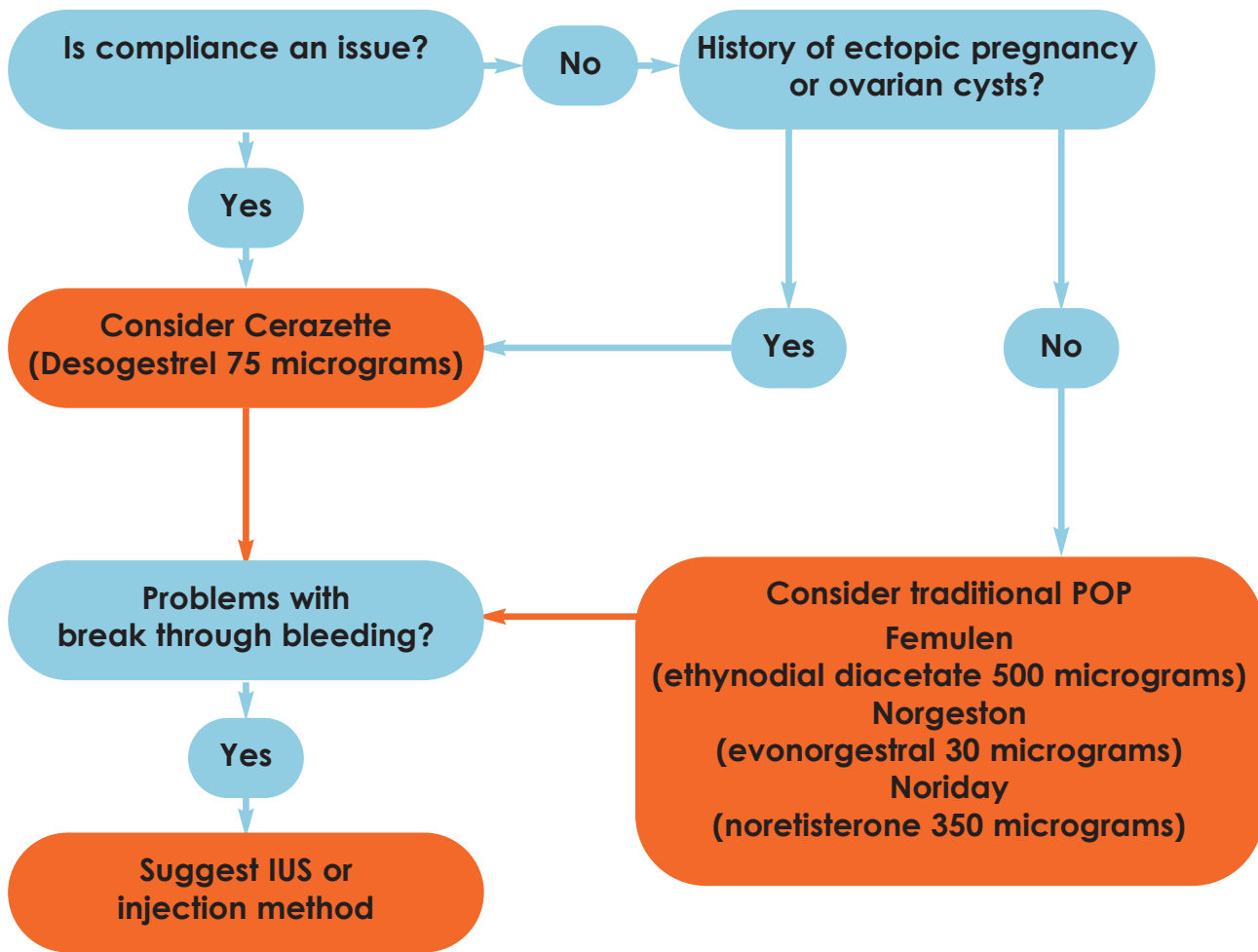


**Choice of Progestogen  
Only Pill**

**Page 2**

**Missed Progestogen  
Only Pill**

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### Traditional POPs

- If you forget a pill, take it as soon as you remember and carry on with the next pill at the right time. If the pill was more than 3 hours overdue you are not protected.
- Continue normal pill-taking but you must also use another method, such as condoms, for the next two days.
- If unprotected sexual intercourse has taken place following a missed pill emergency hormonal contraception should be recommended.

### Cerazette

- If you forget a pill, take it as soon as you remember and carry on with the next pill at the right time. If the pill is more than 12 hours overdue you are not protected.
- Continue normal pill-taking but you must also use another method, such as condoms, for the next two days.
- If unprotected sexual intercourse has taken place following a missed pill emergency hormonal contraception should be recommended.

Patients should be told that this information differs from the information leaflet