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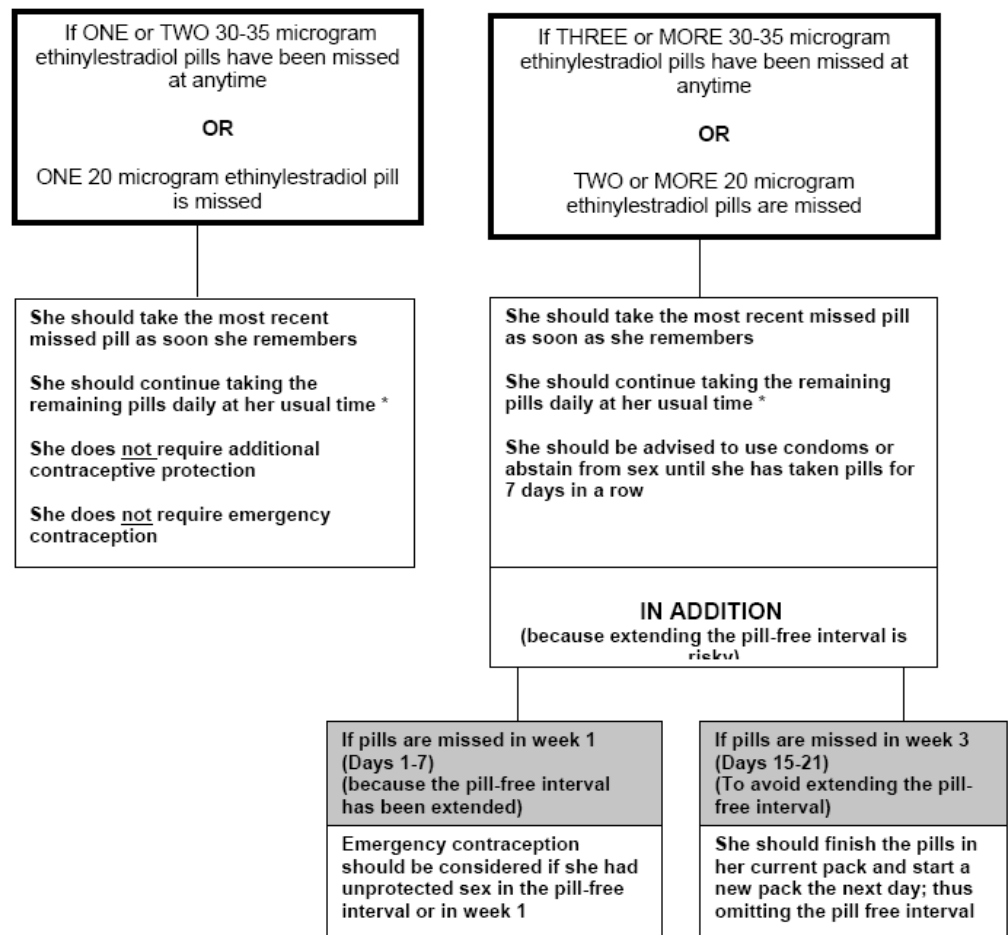
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Missed Pills: New Recommendations

The WHO Selected Practice Recommendations for Contraceptive Use (WHOSPR) have been recently updated regarding the management of missed combined contraceptive pills (http://www.ffprhc.org.uk/admin/uploads/767_MissedPillRules%20.pdf). The recommendations are evidence-based and endorsed by the Faculty of Family Planning and Reproductive Health Care (FFPRHC). It has been established that 88% of women missed pills on two or more consecutive days and up to 51% of women missed at least three pills per cycle, apparently without jeopardising effectiveness.



*Depending on when she remembers her missed pill she may take two pills on the same day (one at the moment of remembering and the other at the regular time) or even at the same time.

If more than 7 pills are missed the FFPRHC advises that the women must be viewed as having “stopped taking the pill” and the above “missed pill rules” should not be applied. Emergency contraception should be used.