



What to do if I forgot my contraceptive (2nd part)

The second part concerns the contraceptives other than oral combined contraceptives.

Contraceptive patch (Evra®)

- The patch fell off for less than 24 hours
 1. Reapply the patch or replace IT with a new patch as soon as possible.
 2. Nothing else will change. The effectiveness is not compromised.

- Application delayed (hormone-free period over 7 days) or the patch fell off for 24 hours or more.
 1. During the 1st week (hormone-free period of more than 7 days or the patch came off for 24 hours or more OR uncertain time)
 1. Apply as soon as possible.
 2. Do a full course of 3 patches.
 3. An additional contraceptive way will be required for 7 days.
 4. Emergency oral contraception can be justified. Ask your pharmacist or your doctor.
 2. During the 2nd or 3rd week
 1. If the patch fell off less than 72 hours (less than 3 days), you must apply a new patch as soon as possible. You must complete the normal cycle. You must not make hormone-free period (after using the 3 patches of the box, you must immediately restart another cycle of 3 patches).
 2. If the patch fell off for 72 hours or more (3 days or more), you must apply a new patch as soon as possible. You must complete the normal cycle. You must not make hormone-free period (after using the 3 patches of the box, you must immediately restart another cycle of 3 patches). You must use an additional contraceptive method for 7 days.

- Forgot to change the patch after 7 days
 1. The patch is effective for 9 days.
 2. If you realize that you have not changed the patch within 2 days after the due date, just change the patch as soon as possible and continue your cycle as planned. The contraceptive effectiveness has not been compromised.

Vaginal contraceptive ring (Nuvaring®)

- The ring has slipped out for 3 hours or less
 1. Rinse the ring with cool to lukewarm water (do not use hot water), Insert the ring as soon as possible and keep it until the day of withdrawal. The contraceptive effectiveness is not compromised.

- The ring has slipped out for more than 3 hours or there has been a delay in the insertion of the ring after a period without hormones
 1. During the 1st week (or hormone-free period of more than 7 days).
 1. You must insert the ring as soon as possible and keep it until the day of withdrawal. You must use an additional contraceptive method for 7 days. The emergency oral contraception can be justified. Please ask your pharmacist or your doctor.
 2. During the 2nd or 3rd week
 1. If the ring is out for less than 72 hours (less than 3 days), insert the ring as soon as possible and



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keep it until the day of withdrawal. You must begin a new cycle with a new ring without making hormone-free period (so after the withdrawal of the ring, put a new one immediately).

2. If the ring is out for 72 hours or more (3 days or more), insert the ring as soon as possible and keep it until the day of withdrawal. You must begin a new cycle with a new ring without making hormone-free period (so after the withdrawal of the ring, put a new one immediately). An additional contraceptive method must be used for 7 days. The emergency oral contraception can be justified. Please ask your pharmacist or your doctor.

- Forgot to remove the ring after 21 days
 1. Some studies suggest that the ring would be effective up to 28 days. You must remove the ring as soon as you realize that you have forgotten to take it out. If the ring remained in place over 28 days, contact your pharmacist or doctor.

Progestin-only pill (Micronor®)

- Delay in taking the dose over 3 hours OR missed one (1) or more tablet
 1. Take 1 tablet as soon as possible.
 2. Continue to take 1 tablet per day at the same time every day.
 3. You must use an additional contraceptive method for 48 hours.
 4. Emergency oral contraception can be justified. Please ask your pharmacist or your doctor.

Injection of medroxyprogesterone acetate - delay (Depo-Provera®)

The injection usually takes place every twelve weeks

If injection dates back to less than 13 or 14 weeks, you must get the next injection as soon as possible.

If the last injection took place 14 weeks ago or more, consult your pharmacist or doctor.

The information contained in this document is presented for educational purposes. It does not replace the judgment of an expert. Please contact your pharmacist or doctor if you have any questions. And remember, oral contraceptives do not protect against sexually transmitted infections (chlamydia, hepatitis, HIV / AIDS, gonorrhea, condylomas, herpes, syphilis and others).

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