



## Missed Combined Oral Contraceptive Pill Flow Sheet (DOES NOT apply to Progestin Only Pills/Micronor/Movisse or Lolo)

**What to do if you've missed a pill AND have had intercourse in the last 5 days.**

ECP (Emergency Contraceptive Pill) can be purchased at ISH  
or at a pharmacy without a prescription.

If you have questions or need more information call ISH at 250-592-3479  
or visit our website at [islandsexualhealth.org](http://islandsexualhealth.org)

