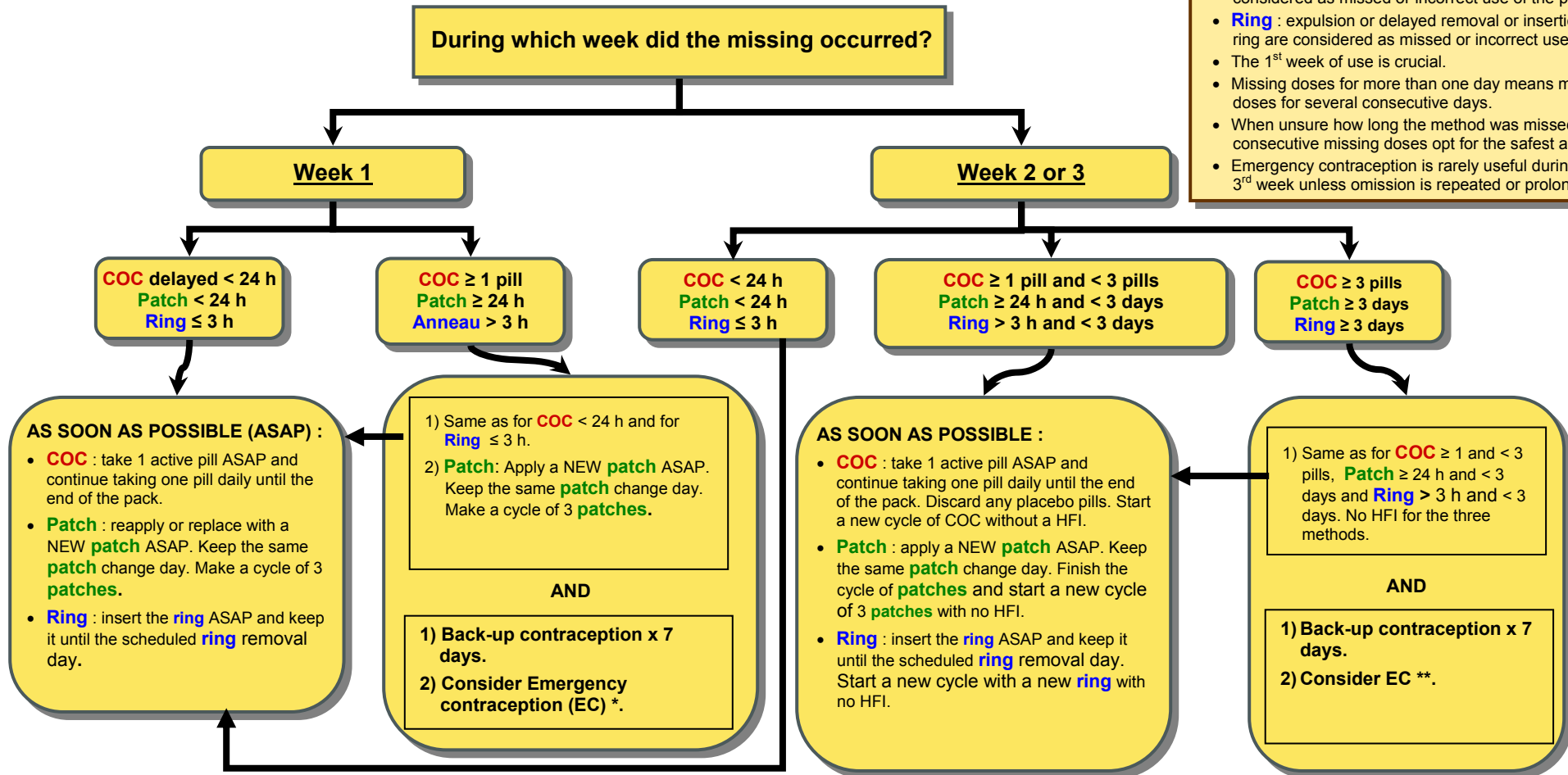


# ALGORITHM : MISSED COMBINED HORMONAL CONTRACEPTIVES

## Combined oral contraceptives (COC), patch, ring

### Key points :

- The hormone-free interval (HFI) should not exceed 7 days.
- Ovulation is effectively inhibited after 7 days of consecutive use of combined hormonal contraceptives.
- A missed dose is defined as either taking of initiating the combined hormonal contraceptive 24 hours or more after the scheduled time.
- **Patch** : detachment or delayed removal or application are considered as missed or incorrect use of the patch.
- **Ring** : expulsion or delayed removal or insertion of the ring are considered as missed or incorrect use of the ring.
- The 1<sup>st</sup> week of use is crucial.
- Missing doses for more than one day means missing doses for several consecutive days.
- When unsure how long the method was missed or non consecutive missing doses opt for the safest approach.
- Emergency contraception is rarely useful during 2<sup>nd</sup> and 3<sup>rd</sup> week unless omission is repeated or prolonged.



\* If unprotected intercourse within the last 5 days

\*\* If repeated or prolonged omission

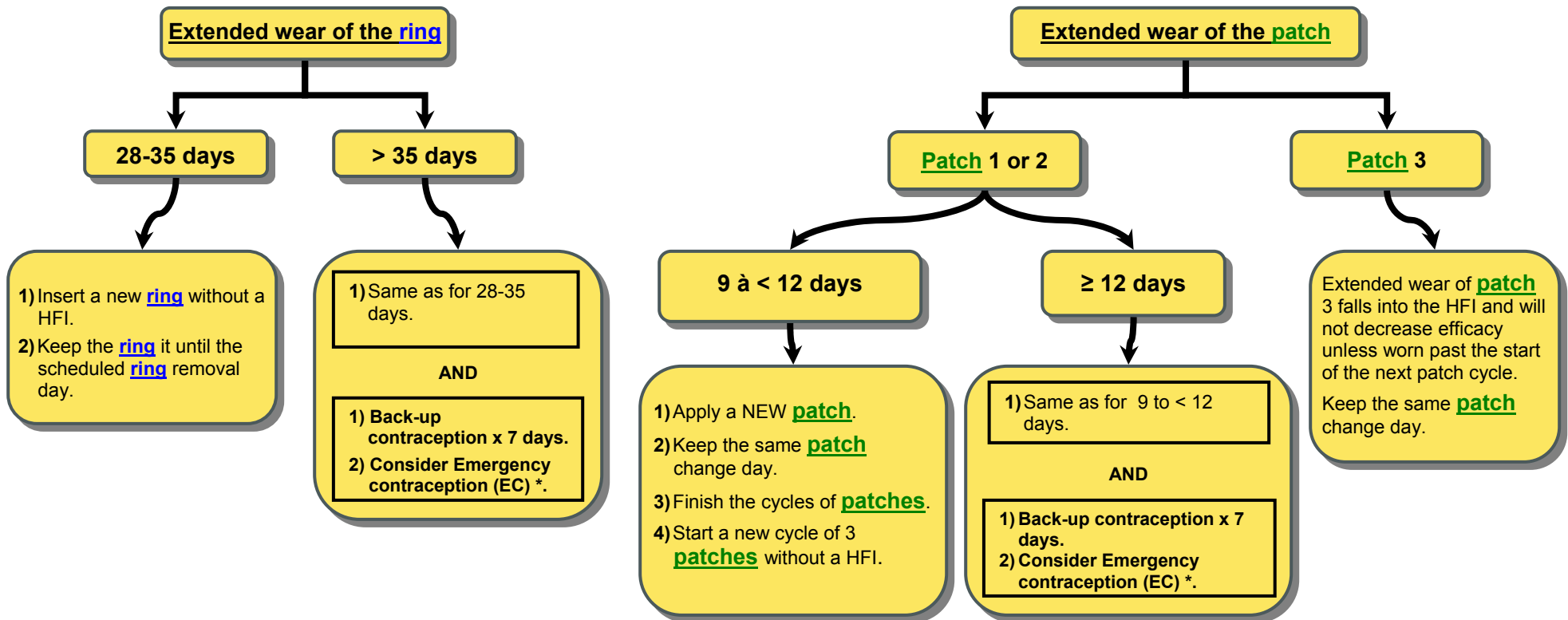
Developped by : Nathanaëlle Thériault, M.D., Catherine Risi, M.D., Johanne Lessard, inf.B.Sc., DESS Sc., Édith Guilbert, M.D., M.Sc.

Source : Institut national de santé publique du Québec (INSPQ). Avis du Comité d'experts en planning familial. 2007 et/ou Guilbert E, Black A, Dunn S. Missed hormonal contraceptives : New recommandations – Committee opinion. J Obstet Gynaecol Can. 2008 Nov;30(11) :1050-77.

## ALGORITHM : EXTENDED WEAR OF THE **PATCH** AND THE **RING**

### Key points :

- Extended wear means that the method is left in place longer than expected.
- **Patch** : forgiveness period of 2 days if the patch is left in place.
- **Ring** : forgiveness period of 2 weeks if the ring is left in place.



\* If unprotected intercourse within the last 5 days