



Pro tip: To help ensure you don't miss any pills, **pick a time of day that will be easy to remember.** Maybe associate it with something you do daily, like having breakfast or brushing your teeth. You can even set an alarm on your phone to remind you!

Please refer to the Patient Medication Information section of the PrNEXTSTELLIS™ Product Monograph for complete dosing and administration information.

So you've missed a pill...now what?

It's important to understand that if you miss pink pills, you could get pregnant. The more pills you miss, the more likely you are to get pregnant, especially if you miss taking the first few or the last few pink pills in your pack.

THINGS TO KNOW:

- The first day of your menstrual period (bleeding) is Day 1 of your cycle
- **Sunday start** = you started taking NEXTSTELLIS the first Sunday after your period began
- **Day 1 start** = you started taking NEXTSTELLIS on Day 1 of your period

Use the table below to match the number of pills missed with the appropriate starting time for your type of pill pack and follow the instructions on what to do.

Missed 1 pink pill?



1. Take the missed pill as soon as possible and take the next pill at the usual time, even if it means you might take two pills on the same day.
2. Keep taking one pill a day until the pack is finished.

Missed 2 or more pink pills in a row (from Day 1 to Day 17)?



1. Take the last missed pill as soon as possible and take the next pill at the usual time, even if it means you might take two pills on the same day.
2. Keep taking one pill a day until the pack is finished (one or more missed pill(s) will remain in the blister pack).
3. **Use a back-up barrier method of birth control (such as condom) if you have sex in the 7 days after you miss the pills.**

You may be pregnant if:

- You missed pills during Day 1 to Day 7, and
- You had unprotected sex during the 7 days before the first missed pill.
Tell your healthcare professional right away.

Missed 2 or more pink pills in a row (from Day 18 to Day 24)?



1. Take the last missed pill as soon as possible and take the next pill at the usual time. This means that you might take two pills on the same day.

2. SUNDAY START

Keep taking one pill a day until the next Sunday and then discard the pack with the missed pills and start a new pack right away.

DAY 1 START

Keep taking one pill a day until the active pink pills are used up and then discard the four white pills and start a new pack right away.

3. **Use a back-up barrier method of birth control (such as a condom) until you have taken 7 pink pills in a row.**

You may not have your period this month.

If you miss two periods in a row, you might be pregnant. Contact your healthcare professional right away.

Missed 1 or more white pills?



Skip the missed pill days and keep taking one pill a day until the pack is finished. No extra birth control method is needed.

Unsure about the number or the colour of pills missed?

- Use a barrier method of birth control (such as a condom) until you have taken the pink pills for 7 days.

Notice some bleeding?

- Missing pills can cause you to have some spotting or light bleeding, even if you take the missed pills.

What should you have on hand?

- An extra full pack of pills;
- Back-up methods of birth control. These are types that do not include hormones, like latex or polyurethane condoms and spermicidal foam or gel. You will need back-up birth control if you miss pills and in some other situations. Always talk to your healthcare professional if you are not sure whether you need to use back-up birth control.

If you miss one or more pink pills and do not have a period that month, you may be pregnant. If this happens, contact your healthcare professional.

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