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Bundeszentrale  
für  
gesundheitliche  
Aufklärung

pro familia



Bundesvereinigung  
Deutscher Apothekerverbände



**The 'morning after pill'** \_\_ If you only become aware of a mishap with the pill **after** you have had sex, the 'morning after pill' is highly likely to prevent a pregnancy. Depending on the type, the '**morning after pill**' can be taken 3–5 days after the event. All types of emergency contraception should be taken as soon as possible, preferably in the first 12 hours after unprotected sex.

You can get the 'morning after pill' without a prescription from your pharmacy. You can get contraceptive advice from your pharmacy, your doctor, or from a pregnancy advice centre.

**Tip:** for a bit of extra help, there are a number of apps available, some of them for free such as myPill, which will remind you when you need to take your next pill. The BZgA has also created its own such app called 'Vergissmeinnicht', which is free and contains no adverts. You can download it here: [www.bzga.de/vergissmeinnicht](http://www.bzga.de/vergissmeinnicht)



You can search  
for advice centres  
here.

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Sicher sein – Pille + Pannen englisch

Order no.: 13063011



be safe

The Pill + Mishaps

Dear pill users:  
please consider the following  
so that your contraceptive  
pill is effective in preventing  
pregnancy ...

## Mishaps and Risks

12h

**You have exceeded the window (12 hours for most pills) during which you can take your pill or you've completely forgotten to take it one day** \_\_ if you have not yet had sexual intercourse and want to know how to proceed so that you remain protected, contact your doctor. If you have already had sexual intercourse, you should take emergency contraception ('morning after pill' or have a coil fitted – up to five days after the unprotected sex in both cases), and then contact your doctor to find

**Important:** take the pill every day and always at the same time.

› **Tip:** place your pill packet next to your toothbrush holder!

out how to proceed and when you'll be protected again. The leaflet in the pill packet will also provide information.



**You have diarrhoea** \_\_ In the event of diarrhoea (e.g. if you have gastroenteritis), your intestines won't absorb a sufficient quantity of the hormones in the pill, so you won't be protected.

**You have to vomit** \_\_ The pill remains in the stomach for 4 hours after you've taken it. If you vomit within these four hours, it can't be effective.



To make sure you're still protected despite diarrhoea/vomiting, take an additional pill within 12 hours of the time you normally take it.

If you're suffering from diarrhoea and/or vomiting for a prolonged period, follow the advice above under › [www.familienplanung.de/pille-vergessen](http://www.familienplanung.de/pille-vergessen) and remember, it is always best to contact your doctor to make sure you're covered.



**Beware if you're taking other medications!** \_\_ Some active ingredients in drugs can impair the effectiveness of the contraceptive pill. These substances can be found in the following:

- › Hepatitis C infection
- › St. John's wort
- › The rheumatism drug etoricoxib
- › Drugs for fungal infections
- › Drugs for tuberculosis
- › Drugs for HIV infection/AIDS
- › Antiepileptic agents
- › The immunosuppressant ciclosporin

If you are taking any of the medications listed above, talk with your doctor/pharmacist about whether a different contraceptive would be the better choice for you.