

Oops! I missed the Pill!

Not using oral contraceptives correctly is one of the major reasons for **unintended pregnancies**. Oral contraceptives are most effective when taken **according** to plan and at the same time every day.

One of the most common types of oral contraceptive is a combination pill containing oestrogen and gestagen. Such combination pills need to be taken for at least seven days to guarantee **sufficient** protection. In this case, a **delay** of up to twelve hours does not normally have an effect on contraceptive protection. It is also relevant when the pill was forgotten. If this happens during the first week, **ovulation** is possible because contraceptive protection has not been suffi-

ciently built up. In this case, additional prevention in the form of condoms or spermicide is needed. Otherwise, ask a gynaecologist or pharmacy assistant for help ...

Female Pharmacy customer: Hello, as far as I remember you speak English, don't you?

PTA: Yes I do. I've seen you were here a few times before. What can I do for you?

Well it's a little embarrassing! I don't want to talk too loud!

No problem! Please follow me. We have a **quiet corner** here for that kind of thing!

I was in such a rush this morning that I forgot to take my pill. I only realized it on the way to work.

I see. Do you know what kind of pill it is?

What kind of pill?

Is it a combination pill, or is it a progestogen-only pill, a so-called mini-pill?

Oh, I see! I'm sorry, I'm not sure. It could be a combination one.

You see different pills are different in the way they protect. Don't worry. Do you have a **customer account** here?

Now that you say it: yes, I do.

Excuse me just one moment, and I'll check it in our system.

Thank you.

Okay, I've just looked and you are taking an oestrogen-gestagen combination pill.

Okay, but why is it important?

You see, if something like this happens in the first week, you don't yet have enough protection built up, and there is a chance that you will ovulate, which is why you would need additional protection. If it happened in the third week, you would have to take the forgotten pill and continue taking that pack as normal. You would not have the normal interval and need to start taking the next pack immediately. The alternative would be to stop taking contraceptives for six days. If you forget to take more than one pill in your cycle, you would **definitely** have no protection and would most certainly need to take extra **precautions** in the form of condoms or spermicide.

What do you recommend that I do?

You should take the forgotten pill as soon as you get home and take the next one at your regular time.

Couldn't you just give me an emergency contraceptive pill now? You know the morning-after pill?

Not really, I don't think it is necessary. If you just remember to take the missed pill, you should be okay!

Right! I'll do that. Thank you so much. You have been a great help. Now I know why I have a customer account here!

Yes, it is a good idea, isn't it?

Bye, bye. ■

*Catherine Croghan,
Lecturer in English and native speaker*

VOCABULARY

pill	Pille
oral contraceptives	Ovulationshemmer, orale Kontrazeptiva
unintended pregnancies	ungewollt Schwangerschaften
according to	gemäß
sufficient	ausreichend
delay	Verzögerung, Verschiebung
ovulation	Eisprung
embarrassing	peinlich, prekär
quiet corner	ruhige Ecke
realized	(hier) gemerkt
customer account	Kundenkonto
definitely	bestimmt, mit Sicherheit
precautions	Vorsichtsmaßnahmen
emergency contraceptive pill	Notfallkontrazeptivum, "Pille danach"

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Posterisan® akut 50 mg/g Rektalsalbe. Zusammensetzung: 1 g Rektalsalbe enthält 50 mg Lidocain. Sonstige Bestandteile: Cetylalkohol, Macrogole, gereinigtes Wasser. **Anwendungsgebiet:** Linderung von Schmerzen im Analbereich vor proktologischer Untersuchung und Linderung von anorektalem Juckreiz. **Gegenanzeigen:** Überempfindlichkeit gegen Lidocain oder einen anderen Bestandteil des Arzneimittels.

Nebenwirkungen: Sehr häufig: Jucken u. Brennen im Analbereich (möglicherweise aufgrund von Überempfindlichkeitsreaktion, z. B. Kontaktallergie), häufig: Durchfall, gelegentlich: leichte Schmerzen und Rötung am Verabreichungsort. Weit. Hinw. s. Fach- und Gebrauchsinfo. Stand: 08/2014

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PHARMA

