

# Family Calls for Mandatory Blood Clot Warnings on Combined Birth Control Pills After Daughter's Tragic Death

Tuesday 5 August, 2025

London, UK – 5 August 2025 – The family of 31-year-old Holly Samantha Taylor, who died suddenly from a pulmonary embolism, is urging the UK government to introduce mandatory blood clot warnings on the external packaging of combined oral contraceptive pills.

Holly passed away on 2 May 2025 after a blood clot travelled to her lung, cutting off oxygen to her body and brain. Her father, Phil Taylor, has launched a petition calling for clearer warnings to prevent similar tragedies. Holly had been taking a combined oral contraceptive pill for nine months prior to her death.

<https://chnng.it/cnWzSs2Y2w>

Combined oral contraceptives, which contain both estrogen and progestogen, carry a known but under-acknowledged risk of blood clots. Research from the NHS and other health authorities indicates that women using the combined pill face a two to six times higher risk of developing blood clots than non-users, equating to up to 12 cases per 10,000 women annually. Risks are highest within the first year of use.

Currently, information about these risks is included only in the paper leaflets inside the packaging, which are often overlooked. The petition calls for:

- Clear blood clot warning labels on the outside of all combined pill packaging
- Prominent symptom checklists to encourage early medical attention
- Investigation into a colour-coded QR code system linking to safety information and guidance

## Phil Taylor said:

*"Holly was vibrant, funny, and deeply loved. She had so much more life to live. If her story can save even one family from this heartbreak, then some good can come from this tragedy. Women deserve to be warned clearly about the risks of the combined pill—on the box, not hidden in a leaflet."*

The family also calls for greater awareness among healthcare professionals to better recognise symptoms of blood clots in women taking estrogen-based contraceptives.

The petition, addressed to the UK's Medicines and Healthcare products Regulatory Agency (MHRA) and the Department of Health, has already received hundreds of signatures.

Supporters hope the UK will lead the way in making contraceptive safety warnings more visible, with the aim of inspiring similar changes worldwide.

To read and sign the petition, visit: <https://chnng.it/cnWzSs2Y2w>

## About Holly Samantha Taylor

Holly Taylor was a passionate advocate for sustainability and an inspiration to all who knew her. Known for her kindness, humour, and ability to connect with people, she is deeply missed by her family and friends.

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