Prospective memory is the realisation of delayed intentions. In this study, we examine the impact of contextual manipulations on prospective memory. A context effect occurs when a change to background context between study and test compromises performance. Sixty-two participants completed either a Consonant-Vowel-Consonant-Vowel-Consonant (CVCVC) or a pleasantness rating task. They were assigned to one of four conditions during study and test respectively (i.e. CVCVC-CVCVC, CVCVC-pleasantness rating, pleasantness rating-pleasantness rating, pleasantness rating-CVCVC). At the beginning of the experiment, participants were given a prospective memory instruction (“Press P on the keyboard if they see words that appeared on the study list”). We found a context congruency effect only for high frequency words. Such a result would be predicted if high frequency words are subjected to more interference as proposed by context noise models of recognition memory.