

## How does it work?

- The Patch works by stopping your body from releasing eggs (that can become babies) from your ovaries.
- Absorbed through your skin
- Each Patch works for 7 days.

## How do you use it?

- The Patch must be used correctly to prevent pregnancy.
- You wear each Patch for 7 days.
- You change the Patch the exact same day every week for 3 weeks (total of 21 days).
- On week 4, you leave the Patch off all week. You should have your period this week.
- Then start the next cycle on your **patch change day**.

## How do I start using the Patch? Choose one:

- For **First Day Start** apply your first Patch on the first day of your period. This day will be your **Patch change day**. You will change your Patch on this day every week.

S	M	T	W	T	F	S
	Patch					
	Patch					
	Patch					
	None		Period	Week		

- For **Sunday Start** apply your first Patch on the first Sunday after your period starts. Sunday will be your **Patch change day**. You must use a back-up method for the first week you wear the Patch.

S	M	T	W	T	F	S
Patch						
Patch						
Patch						
None			Period	Week		

- You are able to start your Patch today. Ask your health care provider.

## How do I put the Patch on?

### 1. Choose the area

- Tummy, back, upper outer arm, or below your waistline or pantyline. Place in an area where it won't be rubbed by tight clothing. It will not work on other areas of your body. Pick a different site each week. Do not put it on breasts.
- Make sure that the chosen area is not red, irritated or has a cut (the Patch could make it worse).

### 2. Apply the Patch

- Apply the Patch immediately upon removal from the pouch.
- Remove the Patch with the clear plastic. Peel away half of the clear plastic and be careful not to touch the sticky surface of the Patch with your fingers.
- Apply to clean, dry, healthy skin. **(No makeup, creams, lotions, powders, or other products where you are putting the Patch or the Patch won't stick).**
- Remove the other half of the clear plastic.
- Press firmly with the palm of your hand for 10 seconds. Make sure the edges stick well. Run your finger around the edge of the Patch to make sure it is sticking well.
- Check your Patch everyday to make sure all of the edges are sticking.

### 3. To remove the Patch

- Just peel it off, fold it in half, and throw away. Apply the next Patch on your **Patch change day**.

## What should I do if a Patch seem loose, lifts up off my skin, or falls off?

- If it has been off or loose for less than 24 hours: You should try to reapply it. Apply a new Patch immediately. No back-up method protection is needed and your **Patch change day** will remain the same.
- If it has been off or loose for more than 24 hours or if you're not sure for how long: You may become pregnant. Start a new four-week cycle immediately by applying a new Patch. You now have a new **Patch change day**. You must use back-up protection, such as a condom, sperm killing foam, cream or inserts, for the first week of your new cycle.

## Patch Storage

- Store your Patches at room temperature, in their protective pouches.
- As with all medicines, keep out of reach of children.

## Other things I need to know:

- The Patch can have an effect on some medications and lab tests. Make sure your health care provider knows you are using the patch.
- The Patch will not protect you from sexually transmitted infections or HIV.
- The Patch is 99% effective as a birth control method.

## Possible (Rare) Side Effects:

- Call the clinic or go to the emergency room immediately if you have:
  - Very bad chest, leg, or arm pain.
  - Very bad headache that does not go away.
  - Very bad pain or soreness in the area below your waist that aspirin, acetaminophen (Tylenol), or ibuprofen does not help.
  - Sharp chest pain, coughing up blood, or sudden shortness of breath.
  - Severe problems with sleeping, weakness, lack of energy, or change in mood.
  - Yellowing of the skin or eyeballs with fever, tiredness, loss of appetite, dark urine, or light colored bowel movements.

More information available at:

[www.orthoevra.com](http://www.orthoevra.com)

1-866-673-5583

Call your healthcare provider or local health department



Funding supported by DHHS

January 2006, VDH

# THE BIRTH CONTROL PATCH

