

COMBINED HORMONAL PATCH



How do I use the patch?

1. Put a patch on your arm, stomach, bottom, or lower back right away.
2. Take off your old patch and put on a new one on the same day each week for three weeks. It is important to change the patch site each week.
3. Make sure to put the patch in the trash, away from children and pets.
4. Instead of changing your patch at the beginning of the fourth week, leave it off for seven days. Bleeding or spotting may happen during this time.
5. After having the patch off for seven days, apply a new patch. Repeat the steps starting at one.
6. Use a backup method for seven days when you first start using the patch.

Forget or the patch falls off?

Your chance of getting pregnant goes up if you change the patch incorrectly.

If you forget to place the patch on time or it comes off for more than 24 hours:

- Put on a new patch as soon as you can.
- Use a backup method for 7 days after you put the patch back on.
- Use a backup method or emergency contraception if you have unprotected sex.

Common benefits & side effects

Most people do not experience side effects, while others may. All possible side effects are not listed.

- Lighter or more regular bleeding
- Breakthrough bleeding or spotting
- Breast tenderness
- Headaches
- Nausea
- Bloating
- Increased blood pressure

Warning Signs: ACHES

If you have any of these symptoms, call your clinic as soon as possible.



**Abdominal
Pain**



**Chest
Pain**



**Headache-
Severe**



**Eye
Problems**



**Swelling
in legs**

COMBINED HORMONAL PATCH

prevents pregnancy by:



Stopping the egg from being released



Changing the uterine lining



Thickening the cervical mucous to stop sperm



The patch is made up of hormones that are similar to ones made by your body.



The chance of getting pregnant is low when using the patch. 7 out of 100 people will get pregnant each year with typical use.



When you stop using the patch, your chance of getting pregnant will be the same as it was before using the patch.



Some medications can decrease how well your birth control works. Talk to your provider about medications you take.



The patch does not protect against STIs or HIV. Always use a condom for protection.

RETURN TO CLINIC:

- For yearly check-ups
- If you want to change your method
- If you are concerned about side effects

NOTES: