

# The Patch

*A contraceptive patch is a patch applied directly to the skin that delivers hormones into your bloodstream to prevent pregnancy.*

## Effectiveness

The patch is 99% effective at preventing pregnancy when used correctly, but it does not offer protection from STIs.

## Getting It

The patch is available by prescription from your doctor or healthcare professional.

## Using It

The patch uses a 28-day cycle. On the first day of your period, one patch is applied and kept in place for one week. Then, the old patch is removed and a new patch is applied each week for three weeks in a row (21 days in total). There is no patch applied during the fourth week. Each new patch should be applied on the same day of the week.

## Wearing the patch

- Open the patch container and apply one patch to an area of clean, dry skin on the buttock, abdomen, upper outer arm or shoulder (as directed by your doctor).
- Do not apply the patch to the breasts or area around the breasts, to red, cut or irritated skin or over other products such as make-up, creams, lotions, powders and tattoos.
- Change your contraceptive patch once a week. You can change it any time of the day, as long as it is the same day each week.
- Put the patch in a different place on your body each time you apply a new one.

## Side Effects

Nausea, vomiting, headache, redness or itching at the patch application site, dizziness, breast tenderness, vaginal discomfort/irritation, or stomach cramping/bloating may occur. If any of these effects persist or worsen, notify your doctor.

## Common Questions

### When will I get my period?

After you remove the third patch, you will have one week that you do not apply the patch. Your period should start this week.

### What do I do if I am late applying the patch or it falls off?

If the patch accidentally comes off or is removed, apply a new patch. If it is detached for more than 24 hours, or if you are not sure how long the patch has been detached, use an additional form of birth control like condoms and spermicide for at least seven days while you continue with the same patch cycle. You may also need a morning after pill like Plan B. If you need an extra patch, contact your doctor for a prescription.

This is an informational handout only, if you have any questions or concerns contact PPR or your family doctor

## Planned Parenthood Regina

### THE SEXUAL HEALTH EDUCATION PLACE

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