

HOW TO USE THE PATCH

When can I start the patch?

You can start your patch on any day of your cycle.

If you are starting the patch after taking emergency contraception (EC)

- If you took ulipristal acetate (UPA) EC, start no sooner than 6 days after the unprotected sex.
- If you took progestin EC, start right away.

Where do I put the patch? How do I put it on?

Put the patch onto clean, dry skin on your belly, upper outer arm, buttocks, or back. **DO NOT put it on your breasts.**

Tear open the pouch along the top and side. Peel the foil open and make it flat. Take the patch and plastic layer off the foil. Peel *one half* of the clear layer of plastic away from the patch. Be careful not to touch the sticky part. Put the sticky half of the patch on clean dry skin. Remove the other half of the plastic, and press the whole patch to your skin. Hold in place with the palm of your hand for 10 seconds.

The patch is made to stay in place while swimming, taking saunas, using whirlpools, or sweating. Check your patch every day to make sure it is sticking. Rarely, the patch can loosen or come off the skin.

Don't try to put a patch back on if

- It isn't sticky any more
- It gets stuck to itself or something else
- It's loose or has fallen off — unless it's been less than 2 days

Never use tape or anything else to keep the patch in place. If it doesn't stick to your skin by itself, it won't work. If a patch won't stick any more, put on a new patch right away.

When you remove the patch, be sure to fold it in half to stick it to itself. Put it in a plastic bag, seal it, and throw it away. Used patches still contain hormones. Sealing it up protects the hormones from getting in the soil and water. Do not flush patches down the toilet.

Will my patch work right away?

Not always. If you start your patch

- Within 5 days of the start of your period, you do not need backup birth control.
- After the first 5 days of your period, use backup birth control – like condoms – or don't have sex for 7 days.
- After taking EC, use backup birth control or don't have sex for 7 days.

When should I change the patch?

Change your patch once a week. Whatever day you start the patch becomes your change day. On your change day, take off the old patch and put on a new one.

There are different ways to use the patch:

- Put on a new patch each week on your change day for 3 weeks in a row. Then you have 1 week with no patch. Do not put on a patch for the 4th week. That is when you will get your period. **OR**



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- Put on a new patch each week on your change day. This means you will not have a patch-free week. You may have some bleeding or spotting or none at all. **OR**
- Other _____

What if the patch falls off or I forget to change it?

What happened?	What should I do?	Do I need to use back-up birth control or not have sex?
The patch got loose or fell off and it has been less than 2 days.	Put the patch back on. If it won't stick or you don't have it, put on a new patch right away. Your "patch change day" will stay the same.	No.
The patch got loose or fell off, and it has been more than 2 days, or I don't know how long it has been off.	Start a new, 4-week cycle by putting on a new patch right away. This is your new "patch change day."	Yes, for 7 days.
I forgot to put on a new patch at the end of my patch-free week.	Put on the first patch of your new cycle as soon as you remember. This becomes your new "patch change day."	Yes, for 7 days.
I forgot to change my patch in the third week. (1 or 2 days since I should have changed it)	Put on a new patch as soon as you remember. Put on your next patch on your normal "patch change day."	No.
I forgot to change my patch in the third week. (More than 2 days since I should have changed it)	Put on a new patch as soon as you remember. This starts a new, 4-week cycle. You have a new "patch change day."	Yes, for 7 days.
I forgot to remove my patch at the end of a patch cycle.	Take the patch off as soon as you remember. Start your next cycle on your normal "patch change day."	No.

Can I get pregnant if I forget to change my patch?

Yes, depending on the timing you may want to take EC. It can be taken up to 5 days after unprotected sex. Call us to get more information. We can help you decide.

What else do I need to know?

Keep the patch at room temperature out of direct sunlight. Don't store it in the refrigerator or freezer. Keep patches sealed in their pouches. Put them on as soon as you remove them from the pouch.

