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| **Highlights:**   * A patch worn on the body that prevents pregnancy      * Safe, effective, and convenient * Each Patch works for 1 week   **Remember:**   * The Patch doesnot prevent HIV or other sexually transmitted infections (STIs). Protect yourself and others by also using condoms. * If the Patch falls off or isn’t changed on time, you can take emergency contraception (EC) up to 5 days after sex to prevent pregnancy. | **Fact Sheet:**  **Birth Control Patch (“The Patch”)** | MRN:  Name:  D.O.B.: |
| **What is the Patch?** | |
| The birth control patch (“the Patch”) is a small, thin patch that sticks to the skin like a Band-Aid®. The Patch contains hormones that stop your body from releasing an egg. You can’t get pregnant if an egg is not released.  Each Patch works for 1 week. You put on a Patch weekly for 3 weeks and do not use one during the 4th week.  If you stop using the Patch, you may be able to become pregnant right away. It has no effect on your ability to become pregnant in the future. | |
| **How do you use the Patch?** | |
| Each box contains 3 patches. Put one Patch on clean skin and make sure the edges stick to your skin. You can put the patch anywhere *except* on your breasts, genitals, palms, or the bottom of your feet. Many women choose to put it on their upper arm, abdomen, buttock, or top of the chest, where it will be covered by clothing.  The day of the week you first put on the Patch will be the day you change your patch each week. This is your “change day.”  On your change day, remove the Patch and put a new one on a different spot, even if you aren’t having sex.  After you start using the Patch, use condoms or do not have vaginal sex for at least the first 7 days. If you don’t use a condom or it breaks, seek emergency contraception (EC).  After using the patch for 3 weeks (21 days), do not put on a new patch for 7 days. Most women who use the patch get their period during this Patch-free week. You will still be protected against pregnancy this week.  Start a new box of patches 7 days after you took off the last patch, even if you still have your period. | |
| **What are the benefits of using the Patch?** | |
| It is effective. No method of birth control is 100% effective, but the Patch is 99% effective if you use it correctly. If you forget to change the Patch or it falls off, it will be less effective.  Your periods may be less painful, more regular, and lighter.  You may have clearer skin after a few months on the Patch.  The Patch may stop ovarian cysts from forming. | |
| **What are the possible disadvantages of using the Patch?** | |
| You may have nausea, spotting (bleeding between periods), minor weight changes, and/or breast pain or tenderness. These effects usually go away 2-3 months after starting the Patch.  You may have skin irritation or a change in the color of the skin where you wear the Patch. | |
| **Important! Learn these warning signs.** | |
| Although serious problems from using the Patch are very rare, there are warning signs of more serious problems that need to be checked right away. Call or come to the clinic immediately if you experience any of these signs. If the clinic is not open, go to the nearest emergency room.   * **A**bdominal Pain * **C**hest Pain * **H**eadaches (severe) * **E**ye Problems (such as loss of vision or blurry vision) * **S**evere Leg Pain or Swelling | |
| **What if I forget to put on the Patch or what if the Patch falls off?** | |
| **If the Patch is off for less than 48 hours (2 days)🡪** Put on a new Patch as soon as possible (if off for <24 hours, try to reapply same Patch). Keep the same patch change day. No back-up method is needed.  **If the Patch is off for 48 hours (2 days) or more🡪** Put on a new Patch as soon as possible. Keep the same patch change day. Use condoms or do not have vaginal sex for the next 7 days and take emergency contraception (EC) if you had sex without the Patch in the previous 5 days. | |
| **Patient Acknowledgment:** I have read this fact sheet and understand the information given to me about the birth control patch (the Patch). I understand that I will need a pregnancy test today before receiving the Patch I understand it is my responsibility to follow the instructions on this fact sheet. No guarantee has been made to me as to the results of using the Patch. I understand that neither the provider nor the school clinic are in any way responsible should I become pregnant. If I do not get my period within 1 month of starting the Patch, I will come back for a pregnancy test. I have been given the chance to ask questions about birth control and the Patch in particular. My questions have been answered to my satisfaction.  Patient Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_/ \_\_\_\_\_/ \_\_\_\_\_ *Updated 3/2017* | | |