How it works

Also known as "the patch", Ortho Evra is used to prevent pregnancy. When used correctly this hormone contraceptive has less than a 1% failure rate. However, forgetting to change your patches or not wearing a patch, even for a day, will increase your chance of becoming pregnant. For most women Ortho Evra is free of serious or unpleasant side effects. If you feel that wearing a patch on your skin for a week at a time will be a problem for you please talk to the nurse or doctor at your clinic about using another form of birth control.

Side effects

Return to the clinic if you experience any serious side-effects, such as:

- Severe pains in the chest, abdomen or calf.
- Sudden severe headache, complete or partial loss of vision.
- Change in mood, especially depression or anger.

Some women may have spotting (light bleeding), headache, breast tenderness, feel sick to the stomach or feel itchy underneath the patch. This will go away so **do not** take off "the patch".

Getting started

Before you start using "the patch" be sure you understand the directions! Ask your nurse or doctor any questions you may have.

The right way to use "the patch" is to place one patch on your skin in one of the four areas of the body that can be used. You must keep this patch in place for one week.

Each box of Ortho Evra contains three patches. This is enough for one month of contraception. Each patch contains hormones to prevent pregnancy. You will either start your patches on the day you are in the clinic or on the Sunday after your period starts. Your healthcare provider will instruct you as to when to start.

Either way the day you place your first patch becomes your **patch change day**. For example, if you place you patch on a Tuesday you will change to patch #2 the next Tuesday. On the following Tuesday you will change to patch #3. On the following Tuesday you will remove patch #3. You will not put a patch on this week. During this week with no patch you will get your period. You are not at risk for pregnancy this week.

The following Tuesday you will put on a new patch #1 and wear it for a week. You will continue this pattern of three weeks of wearing a patch and one week not wearing a patch.

What to do if the patch falls off

If a patch is off for less that 24 hours, replace it as soon a possible. You will not need condoms.

If a patch has been off for more than 24 hours, or you do not know how long it has been off, you must put a new patch on as soon as possible. This new patch now becomes your new patch #1 and this day becomes your new patch change day. You must use condoms for 7 days as you are now at risk for pregnancy.



Things to know

If you have trouble remembering to change your patches, be sure to talk to the nurse or doctor at the clinic right away. They can help you find a way to remember, or suggest another method of birth control that may be easier for you to use.

Do not stop the patch during the month. If you have questions, contact the clinic or the Ortho Evra company right away (the number is in the starter kit you will receive from the clinic). If you stop "the patch," you must use condoms to prevent pregnancy.

"The patch" does not protect you from sexually transmitted infections (STIs).

You must still use condoms to protect yourself from HIV/AIDS, Chlamydia, gonorrhea, genital warts, herpes and syphilis. You can get condoms and STI testing at the clinic.

If after reading this you are still not sure what to do contact the clinic or the Ortho Evra company immediately. And remember, use condoms until you find out.

Minneapolis School Based Clinics

Edison: Room 107 612-668-1321

Henry: Room 212 612-668-1944

Roosevelt: Room 143 612-668-4834

South: Room 122 612-668-4333

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If you need this material in an alternative format please call Minneapolis Department of Health and Family Support at 612-673-2301 or email

health.familysupport@minneapolis.mn.gov.

Deaf and hard-of-hearing persons may use a relay service to call 311 agents at 612-673-3000. TTY users may call 612-673-2157 or 612-673-2626.

Attention: If you have any questions regarding this material please call Minneapolis Department of Health and Family Support 612-673-2301.

Hmong - Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu 612-673-2800; Spanish - Atención. Si desea recibir asistencia gratuita para traducir esta información, Ilama 612-673-2700; Somali - Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la' aan wac 612-673-3500

Version: 8/11



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Ortho Evra

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