

HOW IT WORKS

The patch is used by people with a uterus to prevent pregnancy. It is a thin, beige, plastic patch that sticks to the skin. It contains the hormones estrogen and progestin. It stops eggs from being released from the ovaries and thickens cervical mucus so it is harder for sperm to enter the uterus.

BENEFITS

- 91% effective
- Easy & convenient
- Less period bleeding and cramping
- Regular menstrual periods

POSSIBLE SIDE EFFECTS

- Spotting (light bleeding)
- Headache
- Chest tenderness
- Nausea
- Itchy skin underneath the patch
- Skin reaction

GETTING STARTED

After starting the patch, use condoms or avoid vaginal sex for the first 7 days to prevent pregnancy. The medication can take up to 7 days to start working.



HOW TO USE

3 patches = 1 month of contraception. Wear a new patch for each of the first 3 weeks, then 1 week without a patch.

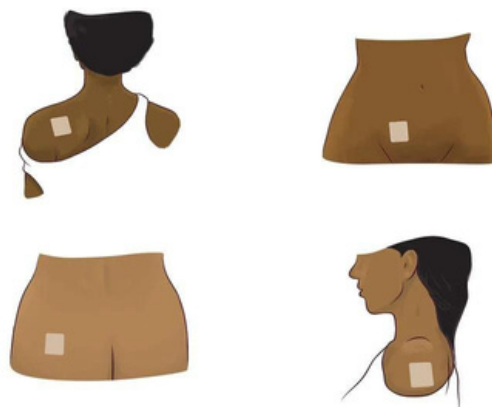
Put 1 patch on your skin on your: butt, stomach, upper outer arm, **or** back. Keep this patch in place for 1 week.

The day you place your first patch becomes your weekly **patch change day**. On your weekly **patch change day**, take off the current patch, throw it away, and put on a new patch for the next week. The patch does not need to be placed in the same spot each week.

On **patch change day** for week 4, remove the current patch and don't put on a patch this week. During the week with no patch, you should get your period. You are not at risk for pregnancy this week if you've been using the patch correctly.

For example: You start your 1st patch on a Monday, so Mondays are your **patch change day**. After you've used 3 patches (3 full weeks), you will not wear a patch for the 4th week. You will then start over with a new patch the following Monday/**patch change day** to restart your patch cycle.

Continue this pattern of 3 weeks wearing a patch and 1 week not wearing a patch.



WHAT IF THE PATCH FALLS OFF?

Less than 24 hours since you placed it: Replace the patch as soon as possible. You should be protected from pregnancy if the missing patch is replaced within 24 hours.

More than 24 hours or you do not know how long it has been off: Put on a new patch as soon as possible. This new patch now becomes your patch #1 and this day becomes your new **patch change day**. Avoid vaginal sex or use condoms for 7 days as you are now at risk for pregnancy.

If you have vaginal sex without a condom and you just started the patch or your patch has been off for more than 24 hours, you could be at risk of pregnancy. Come to the School Based Clinic to talk with a medical provider or get emergency contraception (Plan B/Ella).

THINGS TO KNOW

It is very important to change the patch at the same time/day each week. Do not stop using the patch during your 3 week patch cycle. If you stop the patch off-schedule, you must either avoid vaginal sex or use condoms during vaginal sex to prevent pregnancy.

Use condoms/barriers every time you have sex to help prevent sexually transmitted infections. **The patch does not prevent sexually transmitted infections.**

BIRTH CONTROL IS A SAFE WAY TO PREVENT PREGNANCY

The risks of any birth control are less than the risks of pregnancy.

Choose which method works best for you.

There are possible side effects with all birth control, just like any medication.

Come back to the clinic if you experience signs of pregnancy, change in vaginal discharge, abdominal or pelvic pain, possible exposure to an STI, painful sex, bleeding after sex, headaches, mood changes, or severe pain in your chest, abdomen, or legs.

SCAN ME!



MINNEAPOLIS SCHOOL BASED CLINICS

Edison: Room 107	612-668-1321
Henry: Room 212	612-668-1944
FAIR: Room 222	612-668-1064
Longfellow: Room 126	612-668-4723
Roosevelt: Room 143	612-668-4834
South: Room 122	612-668-4333
Southwest: Room E021	612-668-3040
Washburn: Room 002	612-668-3453


Minneapolis
Health

For reasonable accommodations or alternative formats please contact Minneapolis Health Department at 612-673-2301 or health@minneapolismn.gov. People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users call 612-673-2157 or 612-673-2626.
Para asistencia 612-673-2700 - Rau kev pab 612-673-2800 - Hadii aad Caawimaad u baahantahay 612-673-3500.

Version: 3/23

THE PATCH



**NORELGESTROMIN/ ETHINYL
ESTRADIOL TRANSDERMAL SYSTEM**

MINNEAPOLIS
**SCHOOL BASED
CLINICS** program

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