

Contraceptive Patch

What is it and what is it for?

It is a patch for women that releases a set dose of hormones (estrogen and progestin) steadily for a week. It prevents pregnancy and regulates the menstrual cycle. It is not suitable for women that weigh more than 90 kg.

What is it not for?

It does not protect you from catching sexually transmitted diseases and it is not a method of abortion or interrupting pregnancy. It will not prevent you from getting pregnant if you start to use it after having unprotected sex.

What side effects does it have?

It may irritate the skin in the area of application. For the first 3 months, your periods may be irregular. It can cause liquid retention, weight gain, headaches, mood swings or irritability and stomach upsets. Although it is unusual, it may make your blood thicker and encourage the appearance of blood clots in the veins (thrombosis), as is the case with all hormonal methods of contraception. This is more common in women who are smokers or whose legs have been immobilized due to long-distance journeys, wearing bandages or plaster, etc.

Can anyone use it?

If you have an illness that affects your blood circulation (thrombosis, lupus, high blood pressure, diabetes) or a liver disease, or you have a history of hormone-sensitive cancer, you should talk to your doctor first.

How do you apply it?

It should be applied to clean, dry skin and be changed every 7 days. The new patch should be applied to a different area to avoid skin irritation. It should be replaced every week for 3 consecutive weeks. For the 4th week you do not wear a patch (you take a break), your period will come and the cycle is complete.

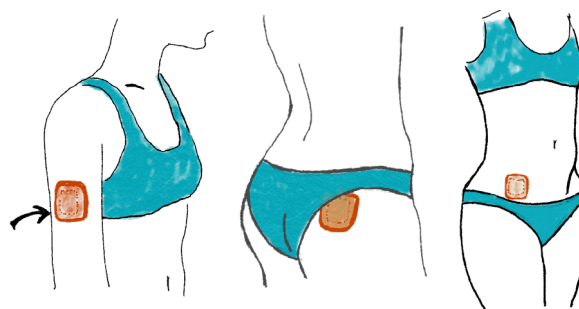
The next week a new cycle begins and you put on a new patch.

When can you start to use it?

The first time you should apply it on the first day of your period: this means that every month the cycle will start on the same day of the week. You should always renew the patch on the same day and, preferably, at the same time of day (morning, afternoon or night).

Where do you apply it?

You can apply it to any of these areas: your buttocks, upper arms, shoulders or stomach. These are the areas where the hormones are absorbed best.



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

If it has been off for under 24 hours or you are less than 48 hours late in replacing it, continue the cycle as if nothing had happened.

If it has been off for over 24 hours or you are more than 48 hours late in replacing it, start a new cycle on that day and you should use condoms for the first week.

What happens if I forget to take it off?

It becomes less effective as a method of contraception and you run the risk of getting pregnant. Skin irritations may also appear.

Can I use it without taking a break?

You can use it without a break for a maximum of 6 weeks at a time.