



The Patch

QUICK FACTS!

- + The patch is a small, adhesive sticker that releases medication into the blood stream.
- + For many people, the patch is easier to use than taking a pill every day.
- + The patch will stick to your skin even when you work-out, shower, or swim (for less than an hour at a time).
- + The patch is a treatment for problem periods. It can help with heavy, irregular, or painful bleeding. It can also help with other period concerns.
- + The medication in the patch keeps the lining of the uterus thin and blocks ovulation. It also helps to prevent acne.
- + The patch is a safe medication for most people to use.

How do I get started on the patch?

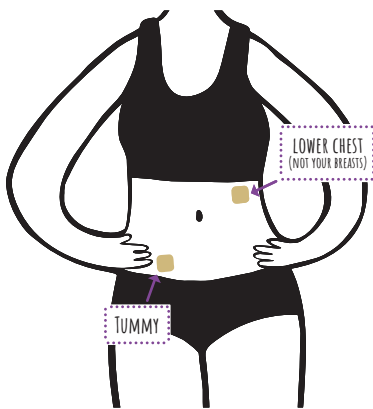
- + Start your patch today or as soon as you get it from the pharmacy. This is now your patch change day.
- + Set a reminder on your phone or calendar to be sure that you change the patch the same day each week.
- + The patch comes in a box that has 3 patches inside. Each patch is in a foil package. Keep extra patches inside the box at room temperature away from moisture and heat.

SET A REMINDER ON YOUR CELL PHONE TO REMIND YOU TO CHANGE THE PATCH ON THE SAME DAY EACH WEEK.



How do I apply the patch?

- + Decide where on your torso you would like to put the patch. Common places are the tummy, hips, back, shoulder, or upper arm. Do not put the patch on your breasts.
- + The patch needs to be put on clean and dry skin. Take a shower or use an alcohol wipe to clean the area. The patch won't stick well if there is cream, sweat, or anything else already on your skin. Also avoid using creamy soaps when you wash.
- + When ready to use, carefully open the foil package and pull out the patch.



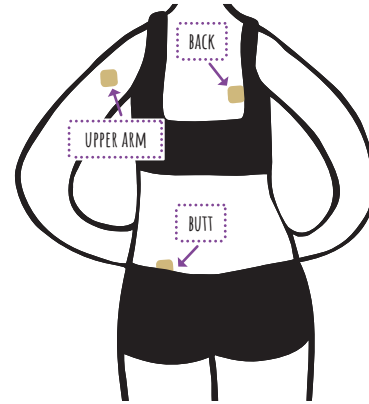
Pediatric and Adolescent Gynecology
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

Find out more at: cupag.org/periods

The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.



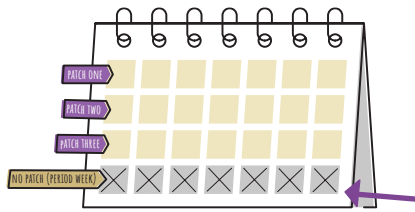
- + Peel the clear plastic backing and apply the patch to your skin. Hold it in place and press firmly for 10 seconds.
- + Do not apply the patch to skin that is broken or irritated, or to a skin area that may be rubbed by tight clothing, such as a waistband or bra strap.
- + It's OK to get help with putting on the patch, especially if it is new to you or you want to put it on a place that is hard to reach.



How do I remove the Patch?

- + Wear each patch for a full week (7 days). Remove the patch and apply a new one on the same day each week.
- + Often fuzz or lint will stick to the edges of the patch. If there is any sticky stuff left on your skin, remove it with an alcohol wipe or baby oil.
- + After removing a skin patch, fold it in half, sticky side in, and throw it away in the trash.
- + Put the new patch on a different area of skin that is clean and dry.

How can I use the patch to have a period each month?

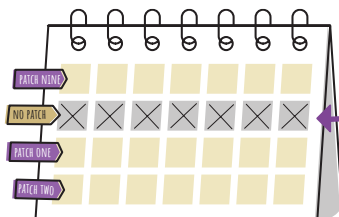
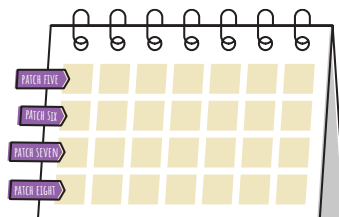
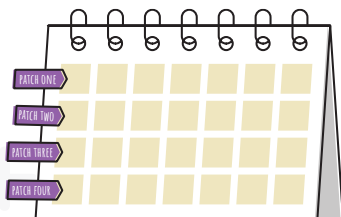


- + A common way to use the patch is to put on a new one every week for 3 weeks, then do a week without the patch, then start again. This is the way to do it if you want to have a period every month.

PUT A PATCH ON AFTER 7 DAYS, EVEN IF YOU ARE STILL ON YOUR PERIOD!

How can I use the patch to have a period every 3 months?

- + Some people like to use the patch in extended or continuous dosing. Extended use is when you wear the patch for 9-12 weeks in a row and take 4 to 7 days off to have a period. Continuous dosing is where you put on a new patch each week, and only take off for 4 to 7 days when you have breakthrough bleeding. Extended and continuous use are safe to do when using the patch because the lining of the uterus stays thin.



GET YOUR PERIOD WHEN YOU TAKE A 4-7 DAY BREAK FROM THE PATCH.



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What are the possible side effects from the patch?

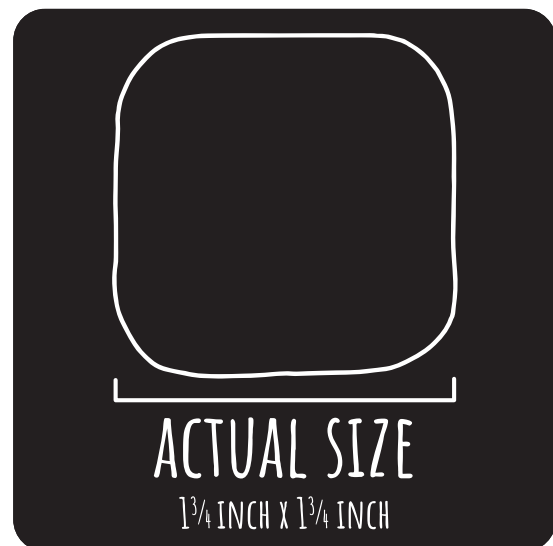
- + Most users of the patch have no side effects.
- + The most common side effect is bleeding between periods which will get better if you continue to use the patch.
- + For the first week, a few people will have mild stomach upset, mild headache, or breast tenderness. Let our clinic know if these are issues for you, or they continue longer than 2 weeks.
- + Some people will have redness from the glue on the patch. This will go away in a few days. Let your doctor know if you can't wear the patch because it makes your skin too itchy or red.
- + The patch is not thought to cause weight gain or depression. Talk to your provider if you have these concerns before or while you are using the patch.
- + The patch is a safe medication to use, but there is a very tiny increased risk of blood clots (called a venous thrombosis, VTE, or a deep venous thrombosis, DVT.) There is a small risk of having a blood clot even when not using estrogen-containing medication. **People with additional risk factors for blood clots should avoid the use of the combined pill, patch, and ring, and instead use progestin-only treatments to help with periods or for contraception.**

What if the patch falls off?

- + If the patch falls off, put a new one on right away. Call your pharmacy if you need a replacement patch.
- + Do not allow more than 7 days to pass without putting on a new patch.

What if I forget to change the patch?

- + The patch has 8 days of medication inside. If you are just one day late to change the patch, you do not have to do anything differently.
- + If it has been more than 8 days, put on a new patch now and call our clinic. The patch will not work well for birth control if you leave it off for more than 7 days.





How can I get a refill?

- + Contact your pharmacy 2 weeks before you need more medication to request a refill.
- + You should be able to get a 3-month supply of your medication. Contact your insurance company if you can't get a 3-month supply. They may require that you use a certain pharmacy or mail order.
- + If you have health insurance, your patch should not have any cost or co-pay.
- + If you are having any problems getting or using the patch, call our office and we will help.

What to know when using the patch as birth control?

- + It takes 7 days for the patch to be an effective method of birth control.
- + The patch may not work as well for birth control if you weigh more than 198 pounds.
- + The patch does not prevent STI's. Use condoms and get tested at least each year.



**Interested in
learning more?
Check out our guide
to problem periods!**



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