

The Contraception Patch

Method of Taking

If you apply the first patch on the first day of your period you will be protected immediately. If you start at any other time, you will need to use condoms too for 7 days. At the end of the packet you have a 7 day break restarting on the 8th day. You are protected against pregnancy during the patch free interval as long as the previous patch has been in place for 7 days and you intend to continue with the patch. Do not leave the same patch on for more than 7 days and only use one patch at a time.

Patch placement

The patch can be used on most places on the body as long as the skin is clean, dry and not very hairy. Do not apply patches to your breasts. It is good to change the position of each new patch to reduce your risk of skin irritation.

Other medicines

If you take drugs to treat epilepsy, HIV, TB or take the complementary medicine St John's Wort please tell us as we may need to change your contraception.

Falling off patch / forgetting to remove patch

Less than 48hrs

- If it has fallen off reapply it as soon as possible. If it is no longer sticky apply a new patch. If you have forgotten to remove it, take off the old patch and put a new one on.
- Change you patch on your normal patch change day. You do not need to use any
- additional contraception.

48hrs or more

- Apply a new patch as soon as possible and start a new patch cycle using condoms too for 7 days. If you have had sex without a condom in the previous 5 days phone / attend the clinic to discuss whether you need emergency contraception.

Late removal of patch 3

- Take patch off as soon as you remember and start the next patch cycle on your normal start day. You will have a shorter number of patch free days.

Forgetting to restart patch

- If you restart the patch more than 48 hours after your usual start day use extra
- contraception for 7 days. If you have had sex without a condom in the previous 5 days phone / attend the clinic to discuss whether you need emergency contraception.

Serious Side Effects

Seek **URGENT** medical attention if you experience any of the following symptoms which could indicate you have a blood clot (they are rare).

- Painful swelling in one or both legs
- Severe chest or stomach pain
- Breathlessness or coughing with blood
- A bad fainting episode or collapse
- Unusual headaches, difficulty with sight or speech
- More severe migraine attacks than is usual for you
- Numbness, weakness or pins and needles of a limb

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