Ortho Evra Information Sheet

How It Works
Ortho Evra is a contraceptive patch that contains estrogen and progestin. This method of contraception uses a 4 week or 28 day cycle. A new patch is applied/changed every week or 7 days for 3 weeks or 21 days. The fourth week is “patch free” and the week you will experience your period. You should have your period within 5 days of the “patch free” week. The patch protects against pregnancy by preventing ovulation (the ripening and release of an egg from the ovary).

Effectiveness
The Ortho Evra patch is 99% effective when used as directed, correctly and consistently.

Instructions For Use
1. If you are starting Ortho Evra for the first time, you will apply the first patch on the Sunday following the start of your period. If your period starts on Sunday, put your patch on that day. It is important to remember to use a back up method of contraception (condoms) for a month after starting a new form of birth control.
2. The patch needs to be applied to clean, dry, intact skin on the buttock, abdomen, upper outer arm, or upper torso, in a place where it won’t be rubbed by tight clothing. It should not be placed on skin that is red, irritated or cut, and should not be placed on the breast.
3. Remember to replace the patch the following Sunday. Remove the patch and apply a new one. The used patch still contains some active hormones, so it should carefully be folded in half so it sticks to itself before throwing it away. You may change the patch at any time on the “change day”. The patch should be applied to a new spot on the skin to avoid irritation, although they may be kept within the same area on the body.
4. A patch needs to be worn for 3 consecutive weeks with the fourth week being “patch free”. You should never have a patch on or off for more than 7 days in a row.

Patch Adhesion
Only a very small portion of patches need to be replaced due to falling off or partially coming off. If the patch partially or completely comes off, an inadequate amount of hormones are delivered decreasing the effectiveness of the patch. A patch should not be put back on if the adhesive is no longer working, if the patch has become stuck to itself or something else, if it has other material stuck to it, or if it has become loose or fallen off before. If a patch can not be reapplied, a new patch should be applied immediately. Other adhesives such as tape or wraps should not be used to hold the Ortho Evra patch in place. If a patch is partially or completely detached for more than 1 day or if you are not sure how long the patch has been detached, you may not be protected from pregnancy. You need to apply a new patch immediately and use back up contraception for the next month.
Important Points To Remember

1. If you ever have to take any antibiotics while using the patch, it is very important to know that antibiotics decrease the effectiveness of the Ortho Evra patch, meaning they may not protect you from pregnancy. You must use a back up method of birth control, condoms, or avoid sex until discussing this with our clinic.
2. If you have problems taking the patch out of the foil pouch, use your fingernail to lift one corner of the patch and peel the patch and the plastic liner off the foil liner. Be careful not to accidentally remove the clear liner as you removed the patch.
3. If you are breastfeeding, you should not use the patch. If you are not breastfeeding but are postpartum, it is best to wait until 4 weeks after delivery before starting the patch.
4. It is safe to bathe, swim, and exercise with the patch on. It should not detach during these activities.
5. If you have any questions about this method of birth control, don’t hesitate to contact our clinic.

Minor Side Effects

- Breast tenderness
- Application site irritation/reaction
- Nausea
- Headache/upper respiratory infection
- Menstrual cramping/abdominal pain

Major Side Effects
Seek immediate medical attention if you have any of the following symptoms:
A – Abdominal pain, severe in nature
C – Chest pain or shortness of breath
H – Headaches, severe in nature
E – Eye problems, blurring, loss of vision, or flashing lights
S – Swelling or pain in the leg, calf or thigh

Ortho Evra Is Not For Everyone
You should not use the patch for birth control if you have any of the following:
• Current or past history of blood clots in the legs or lungs
• Pregnancy or suspected pregnancy
• High blood pressure
• Diabetes
• Migraine headaches
• Breast cancer
• Undiagnosed vaginal bleeding
• Liver disease
• Age 35 or older who smoke
• Weight of 198 lbs or more (effectiveness is decreased with increases in weight)
* Final Note: The patch provides no protection from Sexually Transmitted Infections (STIs). If you are intimate with more than one long-term partner, it is important to ALWAYS use a condom, male or female, to reduce your risk of being exposed to a STI.