



## About ORTHO EVRA®

## FREQUENTLY ASKED QUESTIONS

### What is ORTHO EVRA®?

ORTHO EVRA® is a birth control patch that is used by women to help prevent pregnancy. The patch does not protect against HIV or sexually transmitted infections. This fact sheet is information about how to use ORTHO EVRA®, its benefits, and possible problems. It is important to remember that ORTHO EVRA® may not be right for everyone. Talk to our clinic staff to learn about other birth control options.

### What are the benefits and risks of using ORTHO EVRA®?

**Benefits** – Some of the good things about using ORTHO EVRA® include:

- Regular periods
- Less cramps, blood loss, and anemia (iron deficiency)
- Lower risk of infection of the pelvis (PID)
- Some protection from ovarian and uterine cancer
- Some protection from non-cancerous breast tumors and ovarian cysts
- Fewer ectopic pregnancies
- Less acne
- Don't have to remember to take a pill everyday
- ORTHO EVRA® patch can be taken off if you decide you want to become pregnant
- 99% effective against pregnancy if used the right way

**Risks** – Serious problems that could happen from using Ortho Evra® include:

- Blood clots – You are twice as likely to get blood clots using the patch, than with using birth control pills.
- Stroke
- Heart attack
- Liver tumors

**DO NOT SMOKE WHILE USING THE PATCH.**

### Who should NOT use ORTHO EVRA®?

If you have, have had, or develop any of the following, do NOT use ORTHO EVRA®.

- If you weigh more than 198 pounds
- Heart attack, chest pains, or serious problems with heart valves
- Unexplained vaginal bleeding
- Certain types of stroke
- Blood clots in the veins or arteries
- Cancer of the breast, uterus, or liver
- Long periods of bed rest (for example after major surgery)
- Yellowing of skin or the whites of your eyes while pregnant or using birth control pills
- Serious liver disease
- Severe headaches or migraines

## Conditions that strongly increase your risk of heart attack. These are:

1. Older than 35 AND smoking
2. Diabetes plus signs/symptoms of heart disease
3. High blood pressure and not taking medicine
4. Taking medicine for high blood pressure AND high cholesterol, diabetes, or smoking more than 15 cigarettes per day.

## How do I use the ORTHO EVRA ®?

Using the patch is simple. It is an easy weekly application: **3 On, 1 Off**. Apply weekly for 3 weeks and then go patchless for 1 week. **3 On, 1 Off**.

Each ORTHO EVRA® patch is worn for one week. The used patch is replaced with a new patch each week for the next 2 weeks (see chart below). The patch is changed on the same day of the week as Day 1. This is your 'change patch day.' You should NOT put a patch on during the 4th week (see week 4 in chart below). Your period happens during the patch free days in the 4th week. After 7 patch-free days, a new patch is put on the 'change patch day.'

<b>Week 1</b>	Day 1 put patch on	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 2</b>	Day 8 change patch	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<b>Week 3</b>	Day 15 change patch	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
<b>Week 4</b>	Day 22 patch-free	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
				expect bleeding this week			
Week 1	Day 1 put patch on	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

## How do I apply the patch?

Each patch is protected in a sealed pouch until you are ready to wear it. When you are ready to use the patch:

1. Open the foil pouch by tearing it apart at the top and side edges.
2. Pull the foil pouch until flat. Peel the patch and plastic layer off the foil liner.
3. Peel **half** of the clear liner away from the patch. Be careful not to touch the sticky part.
4. Put the sticky half of the patch to an area of clean, dried skin on the buttocks, stomach, upper outer arm, or mid-section. **Never put the patch on the breast.**
5. Remove the other half of the plastic and press the patch into your skin with your palm for 10 seconds.
6. Do NOT try to re-apply a patch that is:
  - No longer sticky
  - Has another material stuck to it
  - Has become stuck to itself or another surface
  - Has become loose or fallen off before
7. Never use tapes or wraps to keep the patch in place. A patch that doesn't stick to your skin by itself will not work in preventing pregnancy. **If a patch cannot be reapplied, a new patch should be used right away.** If you were not given a replacement patch, call our clinic staff.

## What if I forget to change my patch?

If you forget to change your patch:

- At the start of any patch cycle (week 1)
- Put the 1st patch of your new cycle on as soon as you remember
- This becomes your new “change patch day”
- Use a back-up method for the 1st week (7 days) of this new cycle.

<b>Week 1</b>	Day 1 forgot to put patch on	Day 2	Day 3	Day 4 put patch on	Day 5	Day 6	Day 7
<b>Week 2</b>	Day 8 change patch	Day 9	Day 10	Day 11 change patch	Day 12	Day 13	Day 14

One or two days past your “change patch day” in the middle of week 2 or 3, do the following:

- Put a new patch on as soon as you remember
- Put your next patch on your normal “change patch day”
- No back-up birth control is needed

<b>Week 2</b>	Day 8 forgot to change patch	Day 9 apply new patch on Day 9 or 10	Day 10	Day 11	Day 12	Day 13	Day 14
<b>Week 3</b>	Day 15 change patch	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21

More than 2 days past your ‘change patch day’ in the middle of week 2 or 3, do the following:

- Put a new patch on as soon as you remember
- This starts a new 4 week cycle
- You have a new Day 1 and a new “change patch day”
- Use a back-up method for the 1st week (7 days) of this new cycle

<b>Week 3</b>	Day 15 forgot to change patch	Day 16	Day 17	Day 18 put new patch on today	Day 19	Day 20	Day 21
<b>Week 4</b>	Day 22	Day 23	Day 24	Day 25 change patch	Day 26	Day 27	Day 28

At the end of a patch cycle (week 4), do the following:

- Take the patch off as soon as you remember
- Start your new cycle on your normal “patch change day” (Day 1 of your new cycle)

<b>Week 4</b>	Day 22 forgot to take patch off	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
		remove patch as soon as you remember!!					
<b>Week 1</b>	Day 1 put patch on	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

## What happens if my patch becomes loose or falls off?

See next page to find out what to do if your patch becomes loose or falls off.

## What happens if my patch becomes loose or falls off?

If your patch is loose or falls off for LESS THAN 24 hours or 1 day:

- Apply a new patch right away.
- No back-up method is needed. The “change patch day” stays the same.

If your patch is loose or falls off for MORE THAN 24 hours or an UNKNOWN amount of time:

- Start a new 4-week cycle by putting on a new patch.
- This is now your “change patch day.”
- You could become pregnant. Use a back-up method for the next 7 days.

## What are side effects from using the patch?

Minor problems from your use of ORTHO EVRA® may include:

- Breast soreness
- Headache
- Period cramps
- Stomach pains
- Nausea
- Irritated skin at patch

If you notice any of the following possible side effects, CALL OUR CLINIC STAFF:

- No period after having a period every month
- New lump in your breast(s)

If you have any of the following SEVERE side effects, GET EMERGENCY CARE RIGHT AWAY.

Follow up with our clinic staff.

- Sharp or crushing chest pain
- Unusually heavy bleeding from the vagina
- Unusual swelling or pain in the arms or legs
- Coughing up blood
- Sudden severe headaches
- Shortness of breath
- Yellowing of skin or whites of eyes
- Severe pain in stomach
- Blurred vision, double vision, or loss of vision

## Where can I get more information?

To find out more information about ORTHO EVRA® call the District Office near your home.

### North Suburbs

847-818-2860

847-818-2023 TDD

### West Suburbs

708-786-4000

708-786-4002 TDD

### Southwest Suburbs

708-974-6160

708-974-6043 TDD

### South Suburbs

708-232-4500

708-232-4010 TDD