

EVRA: THE CONTRACEPTIVE PATCH

HOW TO USE IT

How to use Evra?

EVRA uses a 28-day, 4-week cycle.

First day start

- Each patch is worn for 7 days for the next 3 weeks
- **Day 1:** Apply the **first** patch during the first 24 hours of your menstrual period or within 24 hours of an abortion or delivery
- If the patch is applied **more** than 24 hours after your period starts, use a back up method of contraception e.g. condoms for the next 7 days
- **Day 8:** "Patch Change Day" remove the old patch and apply a new patch **immediately**
- **Day 15:** do the same as for Day 8
- **Day 22:** remove the old patch for one week (week 4)
- Do not wear a patch on week 4. Your period should start during this week
- **Day 29:** Begin your next cycle by applying a new patch.

Where to apply the patch?

You can wear the patch on your buttock, abdomen, upper back, shoulders, or on the outside of your upper arm (**do not apply on breasts**).

- Always apply your patch to clean, dry skin (avoid using creams, lotions, oils, powder, makeup on or near patch)
- You should select a different site each week
- You should not apply to skin that is red, irritated or cut
- Wear only 1 patch at a time
- To avoid irritation, do not apply the new patch to the exact same place on your skin.

What to do should the patch partially detach or if the patch edges lift up:

- Try to reapply it by pressing down firmly on the patch with your palm for 10 seconds making sure the edges stick well
- If you cannot reapply the patch, apply a new one immediately. Save the old one so you can exchange it for a replacement patch.

Do not try to re-apply the patch if:

- It is no longer sticky
- It has become stuck to itself or another surface
- It has other material stuck to it to prevent it from coming loose or falling off
- No tapes or wraps should be used to keep the patch in place

If your patch detaches completely:

- If your patch has been off or partially off for **less than 24 hours** try to reapply it or remove the old patch and apply a new one immediately
- If it has been **more than 24 hours, or if you are unsure** how long the patch has been loose or off
- Apply a new patch immediately
- You will now have a new "Patch Change Day"
- Use a back up method of birth control for the first week of your next cycle
- If you have had sex without a condom take the ECP

Save the detached patch and return it to the site of purchase so you can be given a replacement patch

What to do about late or missed patch days:

Week 1:

- If a patch is forgotten or late apply a new patch **immediately**
- You **must use** a back up method of birth control birth control for the next 7 days
- Use the Emergency Contraceptive Pills (ECP) if you have had sex without a condom

Week 2 or 3:

If you are 1 or 2 days late:

- Remove the old patch and apply a new one immediately
- No backup method is needed
- No ECP is needed
- The next patch should be applied on your normal patch change day

If you are more than 2 days late:

- Remove the old patch and apply a new one immediately
- You will now have a new patch change day
- You **must use** a back up method of birth control for the next 7 days
- Use ECP if you have had sex without a condom

Week 4:

- Take the patch off as soon as you remember
- Start your next cycle on your usual patch change day
- No backup method of birth control or ECP is needed

REMEMBER:

To reduce your risk of getting a sexually transmitted infection practise safer sex by using a condom every time you have genital contact, vaginal, oral or anal sex.

It is safe to use the ECP if you are late or have missed changing your patch.

If you have any questions please call the Bay Centre for Birth Control at 416-351-3700