

HOW TO USE THE BIRTH CONTROL PATCH

HOW THEY WORK: The major effect of the patch is to prevent ovulation, or release of an egg.

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3. ***If you forget to change your patch at the start of any patch cycle***, you may not be protected from pregnancy. Apply a new patch as soon as you remember. There is now a new patch change day. Use a back-up method for 1 week. If you forget to change on week 2 or week 3 for 1 or 2 days (up to 48 hrs.) apply a new patch immediately. The next patch should be applied on the usual patch change day. No back-up method is needed. If it is more than 2 days, start a new 4-week cycle immediately by putting on a new patch. There is now a new patch change day and a new "day 1".
4. ***Nausea and Vomiting, Weight Gain, Breast Tenderness***: Although annoying, they are not dangerous and they can be expected to stop after the first few cycles.
5. ***Vaginal Itching and Discharge***: Some women using the patch seem more likely to get