

Facts About Ortho Evra...the Birth Control Patch



What is the patch?

Ortho Evra is a birth control patch that you apply to your body. The patch is one and a half inches square. It is thin and flexible. When used correctly, Ortho Evra is 99% effective in preventing pregnancy.

How is the patch used?

You simply apply an Ortho Evra patch once a week on the same day each week for 3 weeks in a row. During week four, you do not wear a patch (this is when your period is expected to begin). Following week four, you repeat the same application routine. You use three patches a month instead of a daily pill. With this method, you can have the effectiveness of the pill with the simplicity of a patch.

What are the side effects?

Side effects are similar to those with the pill. The most common side effects include nausea and vomiting, breast discomfort, headache, menstrual cramps and abdominal pain. Unlike the pill, the amount of drug you get from Ortho Evra should not be affected if you vomit or have diarrhea.

Serious risks, which can be life threatening, include blood clots, stroke or heart attacks. Cigarette smoking increases the risk of serious

cardiovascular side effects, especially if you are over 35. Women who use hormonal contraceptives are strongly advised not to smoke. Some women should not use the contraceptive patch, including women who have blood clots, certain cancers, a history of heart attack or stroke, as well as those who are or may be pregnant. **The contraceptive patch does not protect against HIV or other sexually transmitted diseases. Talk to your provider about the use of condoms for prevention of HIV/STDs.**

How does the patch work?

Ortho Evra contains two types of hormones: estrogen and progestin. Once you apply the patch to your body, low doses of these hormones are continuously transferred through your skin and into your bloodstream to help you prevent pregnancy. Most women find Ortho Evra easy to use. You can apply the patch to four different sites on your body: buttock, abdomen, upper torso (excluding the breasts), or upper outer arm.

Studies show that Ortho Evra is just as effective as the pill in preventing pregnancy. When used correctly, the chance of becoming pregnant is approximately one percent. As with any birth control method, the chance of becoming pregnant increases with incorrect use. If you weigh 198 pounds or more, the patch may be less effective.



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