

**FAMILY PLANNING PROGRAM  
MONROE COUNTY HEALTH DEPARTMENT  
2353 S. Custer Road  
Monroe, Michigan 48161  
(734) 240-7840  
Toll Free (888) 354-5500 ext. 7840**

## Contraceptive Patch

The Contraceptive Patch is a thin, beige, plastic material that sticks to the skin. The sticky surface contains the hormones estrogen and progestin that are absorbed through the skin to prevent pregnancy.

- + 99% effective
- + No medicine to take everyday
- + Less acne
- + Regular periods



### Patch Refills:

You must call in advance to set up an appointment to pick up Patch refills from the Family Planning nurse. The phone number is: (734) 240-7840.

### Family Planning Nursing Staff Hours

Monday	Closed
Tuesday	Supplies: 2:00 p.m. – 4:00 p.m.; 5:00 p.m. – 6:00 p.m. Practitioner: 4:45 p.m. – 7:30 p.m.
Wednesday	Supplies: 1:30 p.m. – 3:30 p.m.; 5:00 p.m. – 6:00 p.m. Practitioner: 6:00 p.m. – 8:00 p.m.
Thursday	Supplies ONLY: 2:00 p.m. – 4:00 p.m.
Friday	Closed

If you have an emergency after office hours, go to the  
Emergency Room or call 911

If you have a medical problem that needs attention before our office  
reopens contact your Primary Medical Provider.



The Monroe County Health Department will not discriminate against any individual or group because of residency, religion, creed, race, color, national origin, age, sex, handicapping condition, number of pregnancies, marital status, source of payment, or political belief. Developed with support of Title X funds.

KC:JS: 02/08 Revised JS:01/12; 3/2017 DG

**Directions for use:**

A) **Start 1<sup>st</sup> Sunday after period** begins or the 1<sup>st</sup> day of period. Apply patch every week on the same day for 3 weeks. Week 4 is patch-free. Apply to clean, dry intact skin on buttock, abdomen, upper arm, or upper torso (Never apply to the breasts).

or

**B) Quick Start**

1. Must have negative urine pregnancy test at time of visit.
2. No episodes of unprotected sex within 10 days prior to screening visit.
3. Client must use back up method of contraception for 7 days.

**If Patch becomes loose or falls off:**

- Reapply the patch or apply a new patch immediately. Patch change day stays the same.
- If patch is separated from skin for more than 24 hours or patch is placed late use back up method for 7 days and consider using emergency contraception if any intercourse during that time frame.

**If you forget to change your patch:**

- Week 1, day 1 – apply a new patch as soon as remembered, and use a backup such as condoms for 7 days.
- Week 2 or 3, day 1 – apply a new patch immediately, no backup needed.

**Side effects:**

- Breast tenderness
- Headache
- Skin irritation at the patch site
- Nausea
- Abdominal pain
- Menstrual cramps
- Irregular bleeding common with 1<sup>st</sup> 2-3 cycles of use

**Danger Signs to Report to the Family Planning Clinic, Your Physician or Emergency Room Immediately:**

- Sharp or crushing chest pain or coughing blood
- Unusual swelling or pain in the legs or arms
- Sudden severe headache
- Changes in the frequency, severity, or associated symptoms of your headache
- Eye problems such as blurred or double vision or loss of vision
- Shortness of breath
- Severe pain in the stomach or abdomen
- Yellowing of the skin or eyes
- Severe depression
- Unusually heavy bleeding from the vagina
- A new lump in the breast
- No period after having a period every month

**Risks of using the patch vs. non-users:**

- **Blood clots in the legs that can travel to the lungs**
- **Heart attack or stroke**
- **Liver tumors**

**Smoking and the Patch:** *It is not advisable to smoke cigarettes if you are using the patch.*

Cigarette smoking and the contraceptive patch are a dangerous combination. Smokers are at greater risk for serious heart problems such as heart attacks, strokes and blood clots. *If you smoke and are 35 or older, you will not be given the patch.*

**Emergency Contraception** is available. Ask the Family Planning nurse or practitioner. It must be used within 120 hours of unprotected sex to prevent pregnancy. Emergency Contraceptive Pills do not cause an abortion and should not be used as routine contraception.

The Patch does not protect you against sexually transmitted diseases. Always use condoms to reduce risk.