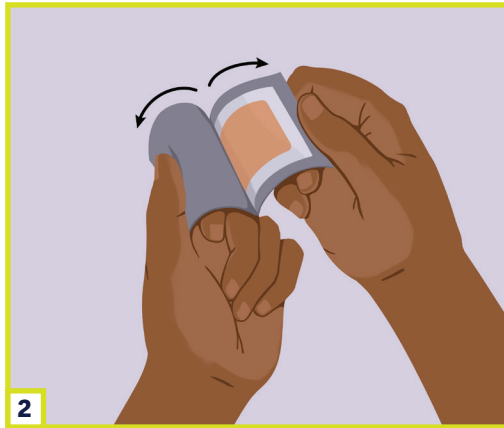


THE PATCH

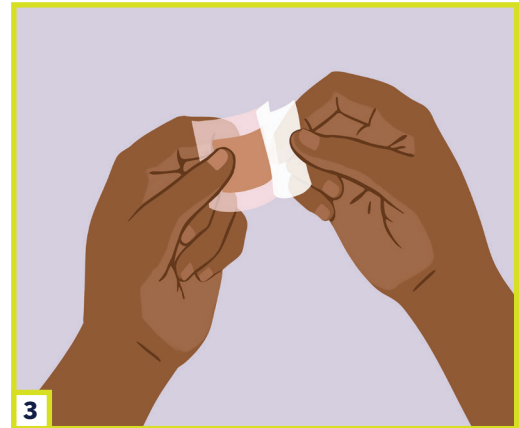
HOW TO USE THE PATCH



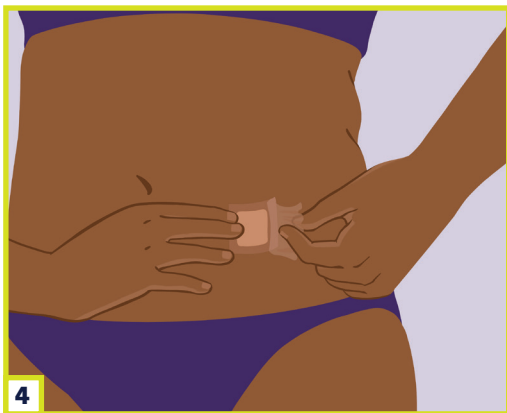
Decide where you want to place the patch—on your back, abdomen, or buttocks. Use soap and water to clean the chosen area and pat dry with a clean towel or cloth.



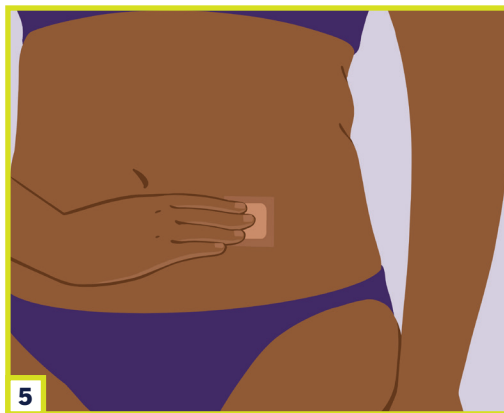
Open the pouch to remove the patch.



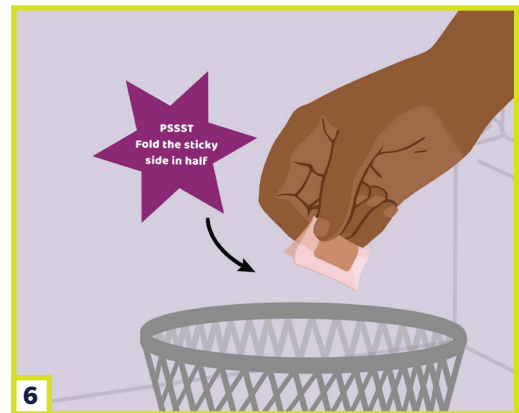
Peel away half of the clear plastic while avoiding the sticky surface of the patch so you don't get the hormone medication on your hands.



Apply the sticky side of the patch to your clean skin. Remove the other side of the plastic and throw it away.



Press firmly for 10 seconds to ensure the entire patch sticks to your skin. You can still shower, swim, and exercise. Although uncommon, the patch could fall off, so make sure to check it every day. Set a reminder to remove it in a week.



Wear the patch for 7 days, and remove the patch on day 8. Apply a new patch right away. Repeat this process for 3 weeks. During the 4th week, do not wear a patch in order to have a period, or apply a new patch for a light or missed period.

HOW IT WORKS

The patch releases hormones to prevent your ovary from releasing an egg. It also thickens cervical mucus and affects the lining of the uterus, preventing sperm from reaching the egg.

HOW OFTEN YOU USE IT

Change the patch weekly for 3 weeks. During the 4th week, do not wear a patch in order to have a period, or apply a new patch to skip your period or make it lighter.

EFFECTIVENESS

Typically, **91%** of people don't become pregnant.

HOW TO GET IT

A healthcare provider provides a prescription that is filled at a pharmacy.

COST

The patch costs between \$0–150 a month. If you have insurance, it's typically low- or no-cost.

VISIBILITY

Depending on where you place the patch, people might be able to see it.

STORAGE

Store in a dry place, ideally between 59–77°F.

ADDITIONAL INFORMATION

- Light or missed period
- Easy to discontinue use
- Initial breast discomfort
- Headaches
- Nausea
- Skin irritation around the patch site
- Only available in light beige
- Does not protect against STIs

If you notice any concerning changes, immediately reach out to your healthcare provider.

This information is here to support you as you explore what birth control method may work for you. It may take a few tries to figure out what method works best for you.

 **hello greenlight**[®]

Learn more at hellogreenlight.org/patch