

 USE ON A SCHEDULE  HORMONAL

THE PATCH



HOW DO I USE IT?

The Patch is a thin square that sticks to your skin like a bandage. It releases the hormones estrogen and progestin to prevent pregnancy. You change the patch once a week.



HOW EFFECTIVE IS IT?

The Patch is 93% effective at preventing pregnancy. You are not protected from pregnancy if the Patch has been off for more than 48 hours, and some medications can make it less effective.



WHAT I MIGHT LIKE...

- + You can get lighter periods
- + You might have reduced cramps and reduced PMS
- + You can decide whether or not you'd like to have a period
- + You may be able to clear up your acne



WHAT I MIGHT DISLIKE...

- You won't be protected from STIs
- You may experience spotting between periods for the first few months
- You may get skin irritation
- You might get headaches, weight changes, breast tenderness, and mood changes. This typically improves with time.



WANT TO LEARN MORE?



Visit [upstream.org/birthcontrol](https://www.upstream.org/birthcontrol)