



**NORTH DAKOTA DEPARTMENT OF HEALTH**  
**Family Planning Program**

**CONSENT FOR CONTRACEPTIVE  
TRANSDERMAL PATCH**

Name \_\_\_\_\_ Chart No. \_\_\_\_\_

I choose the contraceptive patch as my method of birth control. The contraceptive patch is a thin, flexible square of film that contains both estrogen and progestin. I understand the contraceptive patch is 98 percent to 99 percent effective when used correctly.

**BENEFITS: Decreased risk of:**

- \* Fewer menstrual cramps and bleeding
- \* Regular periods
- \* Less pain at ovulation
- \* Improvement in acne
- \* Reduced PMS symptoms
- \* Endometrial cancer
- \* Ovarian cancer
- \* Benign breast tumors or ovarian cysts
- \* Anemia
- \* Ectopic pregnancy

**RISKS/SIDE EFFECTS:**

- \* Spotting between periods
- \* Weight changes (uncommon)
- \* Menstrual/abdominal cramping
- \* Decreased milk supply (breastfeeding)
- \* Cardiovascular complications (including high blood pressure)
- \* Nausea
- \* Breast tenderness
- \* Headaches
- \* Change in libido
- \* Mood changes/depression
- \* Worse acne
- \* Skin irritation at patch site

The patch may be less effective for women who weigh 198 pounds and more; these woman should consider using a back-up method. To decrease my chances of serious problems, I will go to an emergency room, doctor, or clinic if I have any of the following symptoms:

- A** – Abdominal pain (severe)
- C** – Chest pain or shortness of breath
- H** – Headaches (severe)
- E** – Eye problems -- blurred vision, flashing lights or blindness
- S** – Severe leg pain (calf or thigh)

**ALTERNATIVES:** I understand and have received written information about the other methods of birth control that I could use, and I choose the patch. For situations of suspected contraception failure, emergency contraception is available and offers a second chance to reduce the risk of unintended pregnancy.

**INSTRUCTIONS:** I have received information about the contraceptive patch and how to use it. I understand the contraceptive patch does not protect me against STIs (sexually transmitted infections) or HIV.

**DECISION TO STOP USING:** I may stop using the contraceptive patch at any time. I understand a woman is most likely to become pregnant if she or her partner does not use a method of birth control.

**QUESTIONS:** I was given the chance to ask questions about the contraceptive patch and may contact the clinic with further questions.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Family Planning Staff Employee

\_\_\_\_\_  
Date

[ ]

## INSTRUCTIONS FOR USING THE CONTRACEPTIVE PATCH

The patch contains two types of hormones. Once you apply the patch to your body, these hormones are transferred continuously through your skin and into your bloodstream, where they prevent pregnancy.

### Where to apply and how:

1. You can wear the patch on your buttock, abdomen, upper torso (excluding the breast) or the outside of your upper arm.
2. You can select a different site each week. The patch must remain in place for seven days.
3. You can wear the patch in the same location each week; however, try to avoid placing in the same exact spot.
4. Do not apply the patch to skin that is red, irritated or cut.
5. Only one patch should be worn at a time. Check the patch every day to make sure it is sticking properly.
6. Always apply the patch to clean, dry skin. Avoid putting creams, lotions, oils, powder or make-up on or near the patch.
7. Open the foil pouch by tearing it along the top edge and one side edge.
8. The patch is covered by a layer of clear plastic.
9. Peel away half of the clear plastic. Avoid touching the sticky surface with your fingers.
10. Apply the sticky side of the patch on the skin you have cleaned and dried. Then remove the other half of the clear plastic.
11. Press firmly on the patch with the palm of your hand for 10 seconds, making sure that the edges stick well. Run your finger around the edge of the patch to make sure it is sticking properly.

### When to start:

There are three ways to start your contraceptive patch. You should use the approach your health-care provider suggests.

- Start on the first day of menstrual bleeding. No backup contraceptive method is needed.
- Start on the first Sunday after your period begins. Use a backup method for seven days.
- Start today if you are certain that you are not pregnant. Use a backup method for seven days.

### When to change the patch:

1. Wear the patch for seven days (one week); on the eighth day, remove the used patch.
2. Apply a new patch on day eight (week two) and again on day 15 (week three). On day 22 (first day of week four), do not wear a patch. Your period should start during this week. You should never have the patch off for more than seven days.
3. Be sure to apply the first patch at the beginning of your next four week cycle.

### How to remove:

1. Simply lift one corner and quickly peel back. Fold the used patch in half so it sticks to itself before throwing it away.
2. If a small ring of adhesive is left on your skin, remove it by rubbing a small amount of baby oil on the area.

### If you forget to change the patch:

1. If you are more than one day late in putting on your first patch: to avoid becoming pregnant, you must use a backup method for one week.
2. Apply the first patch of your new cycle as soon as you remember.

### If you forget to change your patch during week two or three:

1. If you are only one or two days late, remove and apply new patch immediately.
2. Next patch should be applied on your normal patch change day.
3. No backup method is needed.
4. If it has been more that two days past your patch change date, to avoid becoming pregnant, you must use backup method for one week.
5. Remove the used patch and apply a new patch as soon as you remember.

### If you forget to take your patch off during week four:

1. Take off the patch as soon as you remember.
2. Start your next cycle on your normal patch change day.
3. No backup method is needed.

### If your patch falls off:

1. If less than 24 hours – try to reapply or apply new patch immediately. No backup method is needed.
2. If more than 24 hours or you are unsure how long it has been off or loose, apply new patch immediately. Start a new four week cycle. Use backup method for the first week.