

1 month

1	MON	TUES	WED	THUR	FRI	SAT	SUN
2	MON	TUES	WED	THUR	FRI	SAT	SUN
3	MON	TUES	WED	THUR	FRI	SAT	SUN
4	MON	TUES	WED	THUR	FRI	SAT	SUN



Mark the days on your calendar.

It will help you to remember when to change your patch.

See your GP or doctor when you need more patches.

You should still use condoms when having sex.

Condoms can prevent sexually transmitted infections.

Remember that it is your choice if you want to have sex or not.

You should never have sex if you don't want to.

January 2023