## **The Patch**





The patch is a contraceptive for women. It looks like a plaster.



The patch can prevent pregnancy.



The patch is prescribed by your GP or a doctor at a sexual health clinic.

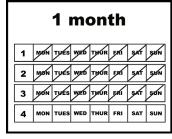


Women usually put the patch on their arm or their bottom.

It can be put anywhere on the body except the breasts.

Here's how it works: Patch 1, Patch 2, Patch 3 then No Patch.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Patch 1	Patch 1	Patch 1	Patch 1	Patch 1	Patch 1	Patch 1
Week 2	Patch 2	Patch 2	Patch 2	Patch 2	Patch 2	Patch 2	Patch 2
Week 3	Patch 3	Patch 3	Patch 3	Patch 3	Patch 3	Patch 3	Patch 3
Week 4	No Patch	No Patch	No Patch	No Patch	No Patch	No Patch	No Patch



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.

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