

Ortho Evra Patch

What is the Ortho Evra Patch?

Ortho Evra is a contraceptive skin patch containing a combination of female hormones (estrogen and progestin), that prevent ovulation (the release of an egg from an ovary). This medicine also causes changes in your cervical mucus and uterine lining, making it harder for sperm to reach the uterus and harder for a fertilized egg to attach to the uterus. The major purpose for this patch is for preventing pregnancy but it also can regulate the menses and control symptoms such as menstrual cramps.

How effective is the Patch?

It is 99% effective if used correctly.

How is the Patch used?

Apply the patch to clean, dry skin on any of these areas: the outside of your upper arm, your stomach, your buttocks, or your upper back. Remove the patch and apply a new one on the same day each week for three weeks in a row. At the end of the third week, remove the patch and do not apply a new one for 7 full days. Your period should start during this time. Do not allow more than 7 days to pass before starting your next 3-week patch cycle.

Is the Patch covered by insurance?

Yes, it is covered by most insurance plans.

Does the Patch prevent STDs?

NuvaRing does not protect against HIV or STDs.

Is NuvaRing available at SHC?

No, but it is available at outside pharmacies.

Are there special considerations for the Patch?

The exposure to estrogen is about **60%** more from the Patch than if you use a typical birth control pill containing 35 micrograms of estrogen. Estrogen may increase the risk of serious blood clots, especially in women who have other risk factors, such as smoking, obesity, or age greater than 35 years. This increased risk is highest when you first start using hormonal birth control.

The risk of heart attacks or strokes goes from about 3 in 10,000 women not on birth control to 4-5 in 10,000 women who are on birth control. The risk of blood clots in veins goes from 3 in 10,000 women not on birth control or progestin-only birth control to 6 with most oral contraceptives, possibly 8 with NuvaRing and 10-15 with the patch.

If you weigh 198 pounds or more the patch may not be effective.

Who should not use the patch?

You should not use the patch if you have:

- a history of blood clots in the deep veins of your legs.
- an inherited problem that makes your blood clot more than normal.
- known or suspected breast cancer or cancer of the lining of the uterus, cervix, or vagina.
- unexplained vaginal bleeding
- Hepatitis or yellowing of the whites of your eyes or of the skin (jaundice) during pregnancy or during previous use of hormonal contraceptives
- liver tumor of any kind
- known or suspected pregnancy
- severe high blood pressure
- diabetes with complications of the kidneys, eyes, nerves, or blood vessels
- headaches with neurological symptoms
- disease of heart valves with complications