

Sexual Health

EVRA® “THE PATCH”



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EVRA® is a hormonal birth control patch that releases hormones that are absorbed through the skin to prevent pregnancy. It is 92-99% effective. The EVRA® Patch does not protect against sexually transmitted infections (STI).

How does it work?

- Contains two synthetic hormones, estrogen and progestin, which are similar to oral contraceptives, “The Pill”.
- Prevents a woman from ovulating, or releasing an egg.
- Thickens cervical mucus which slows the movement of sperm through the cervix.

Advantages

- Once a week application.
- Simple and easy to use.
- Menstrual period may become more regular and less painful.
- Menstrual period may become shorter with less bleeding.
- There may be a decrease in premenstrual symptoms.
- May be taken until menopause in healthy women who do not smoke.

Considerations

- May have a higher risk of blood clots than the Pill, please discuss with your health care provider.
- It is recommended that women using the patch avoid sources of heat such as saunas and hot tubs due to a possibility that it may cause extra estrogen to be released from the Patch.
- Not recommended for women over 198 lbs, or women over the age of 35 who smoke or women with certain cardiovascular conditions.
- May cause irregular bleeding, spotting.
- May cause breast sensitivity, headache, and nausea. Side effects usually disappear after the first few cycles.
- Patch may cause skin irritation at the site of application.

- Patch may detach from the skin.
- Must be prescribed by a health care provider.
- Some medications can reduce the effectiveness of the patch. Check with your health care provider or pharmacist and use an additional back up method of birth control.

ACHES: Warning Signs for Combined Hormonal Contraceptive. See a health care provider immediately if you have:

A = Abdominal pain (severe)

C = Chest pain (severe) and/or cough, shortness of breath, or sharp pain on inspiration

H = Headache (severe) and/or dizziness, weakness or numbness, especially if one-sided

E = Eye problems, including vision blurring or loss, and speech difficulties

S = Severe calf or thigh pain, especially with localized warmth/redness

Sexually Transmitted Infection (STI) Protection

The EVRA® Patch does not protect against STIs. Use a separate condom, dental dam, latex glove for each sex act.

Adapted with permission from the Middlesex London Health Unit.