

How to use the Birth Control Patch

| | Step 1 | Step 2 | Step 3 |
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| Week 1 | Put patch on clean, dry skin. Press down for 10 seconds. Put patch on upper arm, upper back or hip. Don't put it on breasts or under arms. | Make sure edges of patch are sticking. | Leave patch on for 7 days. |
| Week 2 and 3 | Take the patch off after 7 days. Throw it in the trash can. | Put a new patch on. Choose a different part of your body for the new patch. | Put new patch on the same day of the week each week, like every Sunday. |
| Week 4 | Take patch off. Do not put a new patch on. | You will get your period during this week. | After 7 days, put on a new patch. Put new patch on the same day of the week as you have before. |