

# INTEGRATED SEXUAL HEALTH SERVICE

## WHAT YOU NEED TO KNOW ABOUT: THE PATCH



<http://sexualhealth.cht.nhs/think-sexual-health>





The patch is a contraceptive.

The patch looks like a plaster. It is square and cream coloured.

The patch is placed on the skin.



A woman uses a patch to reduce the chances of her getting pregnant.



Women usually put it on their arm or their bottom. It can be put anywhere on the body **except** the breasts.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Patch 1 ✓	✓	✓	✓	✓	✓	✓
Patch 2 ✓	✓	✓	✓	✓	✓	✓
Patch 3 ✓	✓	✓	✓	✓	✓	✓
No Patch X	X	X	X	X	X	X

Here's how it works:

Patch 1

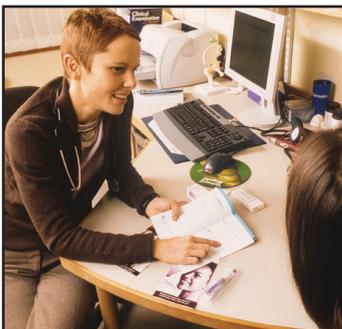
Patch 2

Patch 3

No Patch - This will be the time you have a light period.



Mark the days on your calendar to help you to remember when to change your patch.



If you want to know more about the patch you should speak to your GP or ask at the sexual health clinic.



The patch will not protect you from sexually transmitted infections. Condoms will. Use a condom when having sex.



Calderdale and Huddersfield  
Sexual Health Services

You can get condoms free from sexual health clinics, some GPs, some pharmacies, and all youth clubs.

Take a look at our website for more information on services.

You can find our website by typing in the address below or typing “Calderdale Sexual Health” in to any search engine and our website will appear near the top of the results.

<http://sexualhealth.cht.nhs.uk/think-sexual-health/>  
**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.

November 2019