



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



You can get condoms free from Sexual Health Clinics or some GPs in Forth Valley. You can also buy them from shops or pharmacies.

Call the Clinic Information Line 01786 433697 or check the website for local clinic times.

[www.centralexualhealth.org](http://www.centralexualhealth.org)

**Remember** that it is your choice if you want to have sex or not.

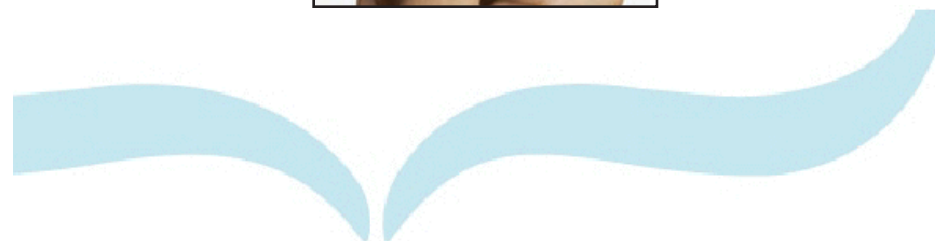
**You should never have sex if you don't want to.**

We are happy to consider requests for this publication in other languages or formats such as large print.

Please call 01324 590870 (Monday – Friday 8am to 5pm), fax 01324 590867 or email [nhsfv-alternativeformats@nhs.net](mailto:nhsfv-alternativeformats@nhs.net)

## What you need to know about

### The Patch





The patch is a contraceptive.

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

The patch is placed on the skin.

	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.



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



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



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



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