

What if?

- If your patch accidentally comes off, is removed, or if it becomes detached, apply a new patch right away
- If it has been removed from your skin for longer than 24 hours, or if you're not sure how long the patch has been detached, use additional forms of birth control (ie: condoms) for at least 7 days and call our nurse to find out the best way to resume the patch. The nurse can determine if the morning after pill (Plan B) is needed to prevent pregnancy.
- It's a good idea to have an extra package of patches on hand incase of emergency, contact your health care provider or PPR for a prescription.

All the protection at a low price.

Low cost birth control solutions,
Free nurse & physician services &
Free and low cost condoms.

Check us out!
Cash/Credit/Debit

This is brief informational handout only, if you have any questions or concerns contact Planned Parenthood Regina, your family doctor or a Nurse Practitioner.

Hours of Operation

Hours of Operation

Monday, Wednesday & Friday
9 a.m.- 5 p.m.
(closed from 12:00-12:45 for lunch)

Tuesday & Thursday
9:00 a.m.—8 p.m.
(closed from 12:00-12:45 for lunch)

Saturday
1:00 p.m.—5 p.m.

Sundays & Stat Holiday weekends:
Closed



Evra Patch

The Patch



A weekly birth control patch worn on the skin to prevent pregnancy

Planned Parenthood Regina
1920 B Francis St.
Regina, SK

Tel: (306) 522-0902

How does it work?

The patch contains the same type of hormones that are used in birth control pills. It delivers the hormones directly through your skin and into your bloodstream to prevent pregnancy.

How do I get the patch?

- The patch is available with a prescription from any health care provider and can be purchased at PPR or any pharmacy.
- The patch is started on the first day of your period

How do I use the patch?

- Like birth control pills, the patch uses a 28 day cycle
- One patch is applied and kept in place for one week
- The old patch is removed and replaced with a new patch each week for 3 weeks in a row
- You do not apply a patch during the fourth week; sometime during this “patch free” week you will get your period

Where do I wear the patch?

- You can apply the patch on the buttock, abdomen, upper arm or shoulder blade.



- Do not apply the patch to the breast or surrounding area, to red, cut or irritated skin or over products (makeup, lotion, etc)
- Make sure you alternate patch sites every week to prevent skin irritation, do not use the same site 2 weeks in a row.

When do I change my patch?

- Every new patch should be applied on the same day of the week, this will be your patch change day (ex: Mondays)
- Change your patch once a week on your patch change day
- It can be replaced at any time during that day, as long as it is on your patch change day.

Possible Side Effects

Like any type of hormonal birth control, there are possible side effects. If you experience these side effects, they are usually mild and disappear after 3 months of use. If they worsen or persist, speak with a doctor about changing your prescription.

- Nausea, vomiting, headache, redness or itching at the patch site, dizziness, breast tenderness, vaginal discomfort, stomach cramping/bloating

Benefits of the Patch

- Only think about birth control once a week! A good option for women who have trouble taking a daily pill, just put a “patch change” reminder on your calendar.
- While it is visible on the skin, your patch is easily covered by clothing
- It can be worn in the shower, tub or swimming pool

How effective is the patch?

The patch is 99% effective when used as directed