

SAGINAW COUNTY DEPARTMENT OF PUBLIC HEALTH
PERSONAL AND PREVENTIVE HEALTH SERVICES
FAMILY PLANNING

XULANE TRANSDERMAL FACT SHEET

Xulane is a patch that is applied directly to the skin of your buttocks, abdomen, upper torso, or upper arm. The patch delivers two synthetic hormones, progestin and estrogen which are similar to hormones your body produces on its own. The synthetic hormones prevent pregnancy by preventing your ovaries from releasing eggs.

EFFECTIVENESS:

- 99% with perfect use
- Weight greater than 198 pounds may decrease effectiveness of the patch. A backup method is encouraged if you exceed 198 pounds
- Will not protect against sexually transmitted infections

USE:

- Apply the patch to clean, dry skin
- Run your finger around the edge of the patch for 10 seconds
- Apply the patch on the first Sunday after your period begins
- Remove old patch and reapply new patch on a different part of your body for 3 weeks
- Week 4 do not wear a patch. You will have a period

BENEFITS:

- Xulane is easy to use. Apply patch once a week
- You can shower, bathe, or swim while wearing the patch
- Predictable regular menstrual cycles
- Less acne
- Some protection from non-cancerous breast tumors and ovarian cysts

DISCONTINUATION:

- In rare cases a patch will fall off
- To reapply the patch press firmly on the patch for 10 seconds, then run your finger around the edge of the patch
- Do not reapply the patch if it is no longer sticky
- Do not use tape to keep the patch in place
- Use a new patch on a different part of your body

SIDE EFFECTS:

- Breast discomfort
- Skin irritation at patch site
- Headache
- Nausea Abdominal pain
- Menstrual cramp
- Blurry vision with contacts
- If the patch has been off for more than 24 hours, use a backup method of birth control for 7 days
- When you want to discontinue the patch, just stop using it and fertility will return

RISKS AND COMPLICATIONS:

- Cerebrovascular or coronary artery disease (current or past history)
- Valvular heart disease
- DVT/PE (current or past history)
- Major surgery with prolonged immobilization (anticipated or recent)
- Known thrombogenic mutations (Factor V Leiden, Prothrombin mutation, Protein S, Protein C, and Antithrombin deficiencies)

According to the World Health Organization (WHO), clients identified with any of the above conditions should NOT be provided Xulane as a contraceptive method.

WARNING SIGNS:

- **A** – severe Abdominal pain
- **C** – severe Chest pain or shortness of breath
- **H** – severe Headache
- **E** – Eye problems: blurring, spots before the eyes, blindness
- **S** – Severe leg pain

Remember, the Xulane Transdermal Patch does not protect against any sexually transmitted disease, so it is important to use condoms each time you have sex.

Visit our website: www.saginawpublichealth.org



SCDPH FAMILY PLANNING PROGRAM RECEIVED TITLE X FEDERAL GRANT SUPPORT.

Reference: Hatcher, R.A., et al, (2011) Contraceptive Technology (20th Edition)
New York, NY: Irvington Publishers, Inc.

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