

SAGINAW COUNTY HEALTH DEPARTMENT
PERSONAL AND PREVENTIVE HEALTH SERVICES
FAMILY PLANNING

XULANE TRANSDERMAL PATCH 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:

There are 3 ways to start your first patch

- Same day start may be indicated with clinician approval. **OR**
- First day start – Apply the patch on the first day of your next period. No back-up birth control is needed. **OR**
- Sunday start- Apply the patch on the first Sunday after your next period begins. Use a back-up method of birth control for 7 days. If period starts on a Sunday, no back-up method is needed.

For all start times:

- Apply patch to lower abdomen, buttocks, back or upper arm.
- Do not apply the patch to your breast.
- Apply the patch to clean, dry skin.
- Run your finger around the edge of the patch for 10 seconds.
- Remove old patch and reapply a new patch on a different part of your body. Do this for 3 weeks.
- Week 4: Do not wear a patch. You will have a period.
- Emergency contraception (EC) is available if you had sex after removing the patch early or forgot to replace it as scheduled

BENEFITS:

- Xulane is easy to use. Apply a new 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 apply 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.
- If skin irritation occurs, stop the patch and consult with the clinic for a different method of birth control

SIDE EFFECTS:

- Breast discomfort.

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

CONTRAINDICATIONS:

- Cerebrovascular or coronary artery disease (current or history).
- Valvular heart disease.
- DVT/PE (current or history).
- Major surgery with prolonged immobilization (anticipated or recent).
- Known thrombogenic mutations (Factor V Leiden, Prothrombin mutation, Protein S, Protein C, and Anti-thrombin deficiencies).
- Body Mass Index (BMI) of 30 or greater

The US Federal Drug Administration (FDA) stated in a black box warning that women with a body mass index (BMI) of 30 kg /m² or more who use Xulane may be at a greater risk of developing blood clots compared to women with a BMI lower than 30 kg/m².

RISKS AND COMPLICATIONS:

- DVT/PE
- Heart Attack
- Stroke
- High blood pressure
- Migraine headaches with neurological problems (vision changes)

WARNING SIGNS:

- **A**-severe Abdominal pain.
- **C**- severe Chest pain.
- **H**- severe Headache.
- **E**-Eye problems: blurring, spots before the eyes, zig zags or blindness.
- **S**-Severe leg pain.

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

PERSONAL HEALTH CENTER
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Visit our website: www.saginawpublichealth.org



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