

What if I haven't used the patch correctly?

I'm late restarting after a patch-free break

LESS THAN 8 full days since you removed your last patch.
Apply a new patch now.
Continue using the patch as normal.

8 OR MORE full days since you removed your last patch.
Apply a new patch now.
Keep the new patch on until the day you usually change it.
Use condoms or avoid sex for the next 7 days.

You may need emergency contraception and a follow-up pregnancy test if you had unprotected sex in or after the patch-free break.

Talk to a doctor, nurse or pharmacist as soon as possible.

Up to 48 hours since patch came off OR patch left on for up to 48 hours too long

Apply a new patch as soon as possible.
Keep the new patch on until the day you usually change it.

If you're in the first week after a patch-free break, you don't need additional or emergency contraception (EC), as long as you've used the patch correctly every day so far this week **and** in the week before the patch-free break.

If you're in any other week, you don't need additional contraception or EC as long as you've used the patch correctly for the previous 7 days.

48 hours or more since patch came off OR patch left on for 48 hours or more too long

Apply a new patch as soon as possible.
Keep the new patch on until the day you usually change it.
Use condoms or avoid sex until a patch has been worn for 7 days in a row.
If you're due to start a patch-free break in the next 7 days, **don't take the break.**

You might need emergency contraception (EC) now and a pregnancy test in 3 weeks if:

- you're in the first week after a patch-free break **and**
- you had unprotected sex this week OR in the patch-free break.

If you're in any other week, you don't need EC as long as you've used the patch correctly for the previous 7 days.