

## SANILAC COUNTY HEALTH DEPARTMENT – 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.
- **Quick start** is the preferred method, if directed by your doctor, apply the first patch today, and use a back-up method for 7 days.
- **First Day Start** – apply the first patch on the first day of your period, no back up method needed.
- **Sunday Start** – Apply the first patch on the Sunday after your period begins, if your period begins on a Sunday, apply it that same day. Use a back-up method for 7 days.
- Remove old patch and reapply new patch on a different part of your body for three (3) week. Patch can be applied to lower abdomen, buttocks, back or upper arm.
- Week four (4) – do not wear a patch. You will have a period.

#### 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.

#### If Patch Falls Off Or is Placed Late

- 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.
- If the patch has been off for more than 24 hours, if you place your patch late (more than 48 hours since it should have been placed, or if the same patch is used for more than 9 days, replace the patch as soon as possible. Keep the same patch change day. Use a backup method of birth control for seven (7) days.
- If the patch becomes detached or is delayed by more than 48 hours in the third week of the patch cycle, skip the hormone free week by finish the third patch (using the same change day) and start a new patch immediately.

#### Side Effects:

- Breast discomfort
- Skin irritation at patch site
- Headache
- Nausea or abdominal pain
- Menstrual cramps
- Blurry vision with contacts
- When you want to discontinue the patch, just stop using it and fertility will return.

Warning Signs:

**\* IF YOU EXPERIENCE ANY OF THESE SIGNS, GO TO YOUR NEAREST EMERGENCY ROOM**

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

\*It is not recommended to routinely use extended cycling with the patch, as serum levels can become higher with longer use.

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.

Visit our website: [www.sanilachealth.com](http://www.sanilachealth.com)



This publication was supported in part by federal funding from the U.S. Department of Health & Human Services

June 2019