

**Failure rate:  
1-2%**

## 7: The “PATCH”

The “patch” is a hormonal birth control method that comes in the form of a skin patch that is worn on the lower abdomen, butt, or upper body. The patch prevents ovulation by releasing estrogen and progestin through the skin.

The patch is changed once a week.

Patch users may have a higher risk of blood clots than combined pill users.

