

NuvaRing Fact Sheet

What is NuvaRing?

- NuvaRing is a small flexible ring that is inserted into the vagina. It prevents pregnancy by slowly releasing hormones (estrogen and progesterone) which prevent ovulation just as birth control pills do. It does not protect against sexually transmitted diseases. Condom use is strongly recommended.

How do I use NuvaRing?

- If you are not currently on hormonal contraception, the NuvaRing should be inserted during the first five days of the menstrual cycle. The day you start bleeding is day one. It must be inserted by day five even if you are still bleeding.
- If you are switching from birth control pills, the NuvaRing can be inserted anytime during the first seven days after taking the last active pill. No additional method is required.
- If switching from Depo Provera, the NuvaRing should be inserted on the day your next shot is due and a back-up method such as condoms should be used for 7 days.
- The NuvaRing is left inside the vagina for 3 weeks and then removed for a one week break. Your menstrual cycle will normally occur during this week. You would then insert a new NuvaRing.
- It is unusual for a NuvaRing to slip out. However, if this were to occur you simply wash the NuvaRing with cool water and then reinsert it. If it has been out for less than three hours you are still protected from pregnancy. If it has been out for over 3 hours you should still reinsert the ring, but you will need to use an additional form of contraception for 7 days. If the ring is lost, insert a new ring and use it on the same schedule as if you had just reinserted it.
- If you forget to take out the ring and it has been less than 28 days from when it was inserted, just remove it and insert a new ring at the time you would normally have inserted a new ring. You are still protected from pregnancy. If you leave the ring in for more than 28 days you are at risk for pregnancy and would need to use an additional method such as condoms.

What are possible side effects when using NuvaRing?

- It is normal to have spotting, mild nausea, and breast tenderness for the first few months. You may also notice a change in vaginal discharge.
- Serious symptoms include severe abdominal or chest pains, shortness of breath, severe headaches, vision loss or blurring vision, numbness or severe pain in the arms or legs. **If any of the symptoms occur, remove your NuvaRing and contact your clinician or go to the Emergency Room.**
- Smoking increases the risk of serious side effects while using the NuvaRing.
- The NuvaRing should be stored at room temperature. Do not store in direct sunlight or above 86°F.

What are the benefits of using NuvaRing?

- Benefits other than contraception include regular menstrual cycles, less blood loss with periods, less iron deficiency anemia, less menstrual pain and cramping, reduced risk of ovarian and endometrial cancers, fewer functional ovarian cysts, fewer ectopic pregnancies and less benign breast disease such as fibrocystic breasts or fibroadenomas.

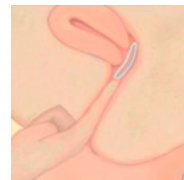
How to Insert and Remove the NuvaRing*

Insertion

- After washing and drying your hands, remove NuvaRing from the foil pouch.
- Hold the NuvaRing between your thumb and index finger and press the sides of the ring together (see figure to the right).
- Choose an insertion position that is most comfortable for you, for example, lying down, squatting, or standing with one leg up (see figure below).



- Insert the folded NuvaRing into your vagina and gently push it further up into your vagina using your index finger (see figure to the right).
- If the NuvaRing feels uncomfortable, you may not have pushed the ring into your vagina far enough. Use your finger to gently push the NuvaRing as far as you can into your vagina.
- The NuvaRing does not have to be in an exact position for it to be effective.
- Once inserted, keep NuvaRing in place for 3 weeks in a row.



Removal

- Make sure to remove the NuvaRing 3 weeks after insertion on the same day of the week and at the same time of day that it was inserted.
- After washing and drying your hands, put your index finger into your vagina and hook it through the NuvaRing (see figure to the right).
- Gently pull downward and forward to remove the NuvaRing and pull it out.
- Dispose of the NuvaRing in a trash can out of the reach of children and pets.
- Do not throw the NuvaRing in the toilet.
- To continue to have pregnancy protection, you must insert a new ring 1 week after the last one was removed even if your period has not stopped.



*Insertion and Removal Directions adapted from <http://www.NuvaRing.com>