

SAGINAW COUNTY HEALTH DEPARTMENT
PERSONAL AND PREVENTIVE HEALTH SERVICES
FAMILY PLANNING

NUVARING VAGINAL RING FACT SHEET

NuvaRing is a vinyl ring that contains the hormones estrogen and progestin. These hormones are similar to those produced by a woman's body. The ring releases hormones in steady low doses that are lower than the patch or pills. This prevents release of the egg (ovulation), thus preventing pregnancy.

EFFECTIVENESS:

- 99.3% with perfect use.
- Less effective if not stored properly.
- Must be stored according to package directions. Although the rings may be stored at room temperature for up to four months, it is generally preferred that rings be kept in the refrigerator to prolong their active life.

USE:

There are 3 ways to start your first NuvaRing

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

For all start times:

- Insert one ring into your vagina. Compress the rim of the ring and place the leading edge into the opening of your vagina.
- Place the ring high in the vault of your vagina, against the wall. The exact position is not critical for its function.
- Leave the ring in place for 3 weeks. Do not remove ring for intercourse.
- After 3 weeks, remove the vaginal ring for 7 days. During this break you will experience your period.
- NuvaRing may be used continuously for 28-31 days prior to inserting a new ring (eliminating the period week).
- Remove the NuvaRing by hooking your index finger under the forward rim or by grasping the rim between your index and middle finger and pulling it out.
- Place the used ring in the foil pouch and discard it in a waste receptacle (do not flush it down the toilet).
- Do not douche while ring is in place
- Tampons can be used with the NuvaRing but make sure the ring is not lost when the tampon is removed.
- Emergency contraception (EC) is available if you had sex after removing the ring early or forgot to replace it as scheduled

BENEFITS:

- Easy and convenient to use.
- Rapidly reversible
- Can be used with tampons
- Safe to use for those with latex allergies
- No loss in bone density
- No weight gain

DISCONTINUATION / REINSERTION:

- If the NuvaRing is out of your vagina for more than 3 hours, reinsert it and use back-up contraception for 7 days.
- If the NuvaRing is out of your vagina for less than 3 hours, it should be rinsed with cool to lukewarm water (not hot) and reinserted as soon as possible.
- Ovulation occurs on average within 17-19 days if NuvaRing is completely discontinued

SIDE EFFECTS:

- Breast tenderness
- Vaginal spotting for the first two months
- Vaginitis
- Vaginal discomfort
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WARNING SIGNS:

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

- Heart attack
- Stroke
- Blood Clot
- High blood pressure
- Diabetes
- Liver tumors

Remember, NuvaRing vaginal ring 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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