

What is the NuvaRing and how does it work?

- NuvaRing is a type of birth control in the form of a 2-inch, flexible, vaginal ring. When used correctly it is 99% effective.
- The NuvaRing works by being placed in the vagina and left in for 3 weeks. During these three weeks, the ring releases two hormones: progesterone and estrogen. These two hormones prevent your ovaries from releasing an egg. After the third week, the NuvaRing is removed for one ring-free week. The ring-free week is usually when your period will take place.

How do I use the NuvaRing?

- To insert the NuvaRing, first wash and dry your hands. Then, simply squeeze the NuvaRing between your index finger and thumb and gently insert the ring into your vagina.
- The exact location of the ring is not important. If you can still feel the ring, simply push it up higher in your vagina.
- Once it is in, mark the day you inserted it on your calendar, and mark the day (3 weeks from your insertion date) that you need to remove it. **The first time you insert your NuvaRing, it will take 7 days before it starts working, so use condoms as a back up method for the first week.**
- Once the ring has been left in for three weeks, remove it by simply inserting one finger into the vagina and pulling it out.

- You will now have your ring-free week. Your period will usually start a few days after removing the ring, however, it may take a few months before your periods become regular.
- You may experience some spotting and/or irregular bleeding in the first few months. Eventually though, you should have regular periods that may even be shorter and lighter than the periods you have now.
- After the ring is out for one week, insert a new one and start the process over again.
- You can also leave the ring in place for 4 weeks total and remove on 5th week for menses or ring free week.
- **NuvaRing will not protect you against HIV or STDs. However, using condoms *with* NuvaRing may help protect you from HIV and many other STDS.**

Danger Signs of the Ring

- **Severe abdominal pain**
- **Severe chest pain or shortness of breath**
- **Severe headaches**
- **Blurred vision**
- **Severe leg or arm pain**
- **Sudden fever, flu-like symptoms, dizziness, or a sunburn-like rash**

These symptoms may be related to a stroke, heart attack, or a blood clot in a vein and should be evaluated.

Call our clinic immediately or go to the emergency room if you have any of these symptoms.

Frequently Asked Questions

- **Will my partner feel my NuvaRing?**
About 80% of men do not notice their partner's NuvaRing. In a study, most of the men that did notice the ring, said that they are not bothered by it during sex.
- **Can I use tampons, condoms and spermicide while using NuvaRing?**
Yes. Tampons, condoms and spermicides will not affect your NuvaRing. However, when taking out your tampon be careful not to pull the NuvaRing out with it. If it does come out, simply put it back in.
- **Are there any medications that might decrease the effectiveness of my NuvaRing?**
Yes. Some antibiotics, antifungals, anticonvulsants, medications to treat bipolar disorder, and herbal supplements like St. John's Wort may decrease the effectiveness of your NuvaRing. Contact the clinic if you are on or start any new medications

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- **What do I do if my ring comes out?**

When	What to do	Backup contraception
At any time for less than 3 hours	Reinsert ring	None needed
During weeks 1 or 2 for more than 3 hours	Reinsert ring	Condoms for 7 days
During week 3 for more than 3 hours	Insert a new ring immediately (this will be the start of the next three-week use period. You may not experience a normal period, however, some spotting may occur.	Condoms for 7 days

- **What do I do if I forget to remove my ring for my ring-free week?**

Length of time	What to do	Backup contraception
It's been left in for less than 7 days or less than 4 weeks total.	Take out the ring for your ring free week. Insert a new ring after 7 days.	None
It's been left in for more than 7 days or more than 4 weeks total.	Remove the ring. If you get your period, insert a new ring. If you do not get your period do a pregnancy test. If your pregnancy test is negative, insert a new ring. If your pregnancy test is positive, do not insert a new ring.	Condoms during the time you aren't wearing your ring and for the first 7 days of using your new ring.

- **What do I do if I forget to insert a new ring after my ring-free week?**

There is a chance that you may not have been protected against pregnancy. Insert a new ring and use back up for 7 days. If you do not get a period during your next ring free week or if you have symptoms of pregnancy, do a pregnancy test. If you have a positive pregnancy test, remove your ring.

- **If you have not been using NuvaRing correctly, you may come to any of our clinics during our hours for emergency contraception. Emergency contraception can be used up to 5 days after an episode of unprotected sex.**
- **Possible side effects you could experience while using NuvaRing include:** vaginal infections and irritation, vaginal discharge, headache, and nausea. Other more rare side effects may include vomiting, change in appetite, abdominal cramps and bloating, breast tenderness or enlargement, irregular bleeding or spotting, changes in menstrual cycle, temporary infertility after treatment, fluid retention, dark spotting on skin, rash, weight changes, and depression. **In very rare cases sudden fever, flu-like symptoms, dizziness, or a sunburn-like rash may indicate toxic shock syndrome. If these symptoms occur, contact a hospital immediately.**

What You Should Know About NuvaRing



If you have any questions or concerns, please call the clinic.

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For after-hours emergencies, call 911 or go to your nearest hospital.



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