

SANILAC COUNTY HEALTH DEPARTMENT - 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, thus preventing pregnancy.

Effectiveness:

- 99.3% with perfect use.
- Less effectiveness if stored improperly.
- 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 refrigeration to prolong their active life.

Use:

- Quick Start – If directed by your doctor, insert ring today. Use a back-up method or abstinence for 7 days.
- First Day Start - Insert the ring on the first day of your next period. No back-up method is needed.
- You may also start the ring within the first five days of your period. No back-up method is needed.
- 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 three (3) weeks. Do not remove ring for intercourse.
- After three (3) weeks, remove the vaginal ring for seven (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), if this has been discussed with your doctor.
- 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).

Benefits:

- The Nuvaring is easy and convenient to use.
- You may use tampons with the ring, just make sure to check for accidental ring removal

If Ring Slips Out/ Forgotten Insertion

- If you forget to insert the next ring, but it has been less than 48 hours, insert a new ring, and leave in until the original scheduled removal day. No additional method is needed.
- If you forget to insert the next ring and it has been more than 48 hours, insert it as soon as possible, and use a back-up method or abstinence for 7 days
- If the ring insertion has been delayed by more than 48 hours during the third week, insert a NEW ring immediately and omit the hormone free week. Consider emergency contraception if needed.

Side Effects:

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

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

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

Risks and Complications:

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

REMEMBER, THE NUVARING VAGINAL RING DOES NOT PROVIDE PROTECTION AGAINST SEXUALLY TRANSMITTED DISEASES, SO IT IS IMPORTANT TO USE CONDOMS EACH TIME YOU HAVE SEX.

Visit our website: www.sanilachealth.com



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