

Facts About NuvaRing®



What is the NuvaRing®?

NuvaRing® (NEW-vah-ring) is a flexible ring with medicine inside. You put a new ring in and take the old ring out of your vagina each month.

How does NuvaRing® work?

The ring works by releasing female hormones in your body. The hormones keep your body from releasing an egg that could be fertilized by sperm. The hormones also keep sperm from reaching the woman's uterus (womb) and fallopian tubes, and make it hard for an egg to stick inside the uterus.

How well does the NuvaRing® work?

Most women will NOT become pregnant if they use NuvaRing® the right way. If you gave 100 women NuvaRing®, only nine of them would become pregnant the first year. Women who do NOT use NuvaRing® the right way get pregnant more often than women who do use NuvaRing® the right way.

Why is the NuvaRing® a good choice for me?

- ▲ The ring is easy to use. When you use it the right way, it works very well.
- ▲ You do NOT have to insert a ring each time before having sex.
- ▲ You can insert the ring yourself in the privacy of your own home.
- ▲ The ring often makes your periods shorter, lighter and more regular.
- ▲ Since the ring works like the pill, women who use the ring may have less chance of getting cancer of the ovaries or uterus than women who do not use birth control.

Will I have problems if I use the NuvaRing®?

- ▲ The side effects of NuvaRing® are similar to those of birth control pills and the contraceptive patch.
- ▲ Most common reported side effects include: vaginal discharge, headache, nausea and breast tenderness.
- ▲ Most women do NOT have these problems, but VERY RARELY NuvaRing could cause: blood clots, heart attacks and stroke.

Is there anyone who should not use the NuvaRing®?

Most women can use the NuvaRing® without having any problems. You should not use the NuvaRing® if you have any of the following conditions:

- ▲ 35 years or older and smoke, which increases the risk of heart attack and stroke
- ▲ Pregnancy or suspected pregnancy
- ▲ Blood clots in your legs or lungs – now or in the past
- ▲ Chest pain, heart attack or stroke, diseases of the heart valves with complications
- ▲ High blood pressure
- ▲ Diabetes with complications of the kidneys, eyes, nerves or blood vessels or more than 20 years having Diabetes
- ▲ Headaches with neurological symptoms (migraines with aura)
- ▲ Current breast cancer
- ▲ Systemic Lupus Erythematosus, liver tumors or active liver disease
- ▲ Less than 21 days after having a baby
- ▲ Need for a long period of bed rest following major surgery

continued on back

How do I use NuvaRing®?

Insert the ring in your vagina and leave it for three weeks (21 days); and then remove the ring for one week (7 days) to complete one four-week cycle. Then insert a new ring and repeat.

Choose one of the following ways to start using the NuvaRing®:

1. You can start using the NuvaRing® on the first day of your period. The NuvaRing® will be effective immediately and you do not need to use back-up birth control.

Or

2. If you do not begin using the NuvaRing® on the first day of your period, you will need to use a non-hormonal back-up method for one full week. Never begin using the NuvaRing® if there is any chance of pregnancy.

To insert NuvaRing®:

1. Wash and dry your hands.
2. Remove the NuvaRing® from its foil pouch. Keep the foil pouch for disposal of used ring in three weeks.
3. Lie down, squat or stand with one foot on a chair or toilet seat. Choose a position for insertion that is comfortable and works for you.
4. Hold the NuvaRing® between your thumb and index finger and press the sides together.
5. Gently push the folded ring into your vagina (similar to putting in a tampon). The exact position of the ring in your vagina is not important for it to work. Most women do not feel the ring once it is in place. If it does not feel comfortable to you or your partner, use your finger to gently push the ring further into your vagina. There is no danger of pushing the ring too far up in the vagina, because the lower end of the uterus will block the ring from going too far.
6. Remove the ring three weeks later on the same day of the week and about the same time of day and have one "ring-free" week, which completes one cycle of use.

Remember!

Using a NuvaRing® will not protect you from HIV and other diseases that you can get when you have sex. Use a latex or polyurethane condom to protect yourself.



State of North Carolina
Pat McCrory, Governor
Department of Health and Human Services
Richard O. Brajer, Secretary
Division of Public Health
www.ncdhhs.gov • www.ncdhhs.gov/divisions/dph
NC DHHS is an equal opportunity employer and provider. 1/2016

How do I remove the NuvaRing®?

Wash and dry your hands first. Remove the NuvaRing® from the vagina by hooking your index finger under the forward ring rim or by holding the ring rim between your index and middle fingers and pulling it out of the vagina. Place the used ring in the empty foil pouch you previously saved. Dispose of the used ring in a waste container out of the reach of children and pets. Do not throw it in the toilet.

When will I have my menstrual period?

Your menstrual period will usually start two to three days after the ring is removed and may not have finished when it is time to insert a new ring.

When do I insert a new NuvaRing®?

After your one ring-free week (even if your menstrual period has not finished), insert a new NuvaRing® on the same day and time of the week as you inserted the ring during your last cycle. Example: Insert new ring on Sunday at 10 p.m. every four weeks.

How do I know if NuvaRing® causes any problems?

If you have any of these warning signs, call your doctor, nurse or health department clinic right away:

- ▲ Sharp chest pain and/or coughing up blood (possible clot in the lung)
- ▲ Pain in the calf (back of lower leg)
- ▲ Crushing chest pain or heaviness
- ▲ Sudden severe headache, change in vision or speech, weakness on one side (possible stroke)
- ▲ Missed menstrual period or irregular vaginal bleeding

Can I breastfeed while using NuvaRing®?

Yes, breastfeeding with NuvaRing® is safe for you and your baby. It is best to wait until four weeks after you start breastfeeding to start using NuvaRing®.

Where can I get a NuvaRing®?

Some health departments, family planning clinics and private doctor's offices.

References: Contraceptive Technology 20th ed., (2011). U.S. Medical Eligibility Criteria for Contraceptive Use (2012). U.S. Selected Practice Recommendations for Contraceptive Use (2013)