

Facts About NuvaRing



What is the NuvaRing?

The NuvaRing (NEW-vah-ring) is a flexible combined hormone contraceptive vaginal ring about two inches around that is placed in the vagina to prevent pregnancy. The ring slowly releases hormones that prevent ovulation (release of an egg). The NuvaRing is placed in the vagina for three full weeks then removed for one full week (your "ring-free" week) to complete one four-week cycle of use. It does NOT protect against HIV infection (AIDS) and other sexually transmitted diseases (STDs) such as chlamydia, genital herpes, genital warts, gonorrhea, hepatitis B, and syphilis.

How well does the NuvaRing work?

The NuvaRing works very well. The hormones in the NuvaRing are similar to the hormones in birth control pills. Therefore, the NuvaRing works much like the birth control pills to prevent pregnancy. Available literature tells us that it is 98.8% effective compared to other hormone-type birth control methods.

How do you use the 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.

To insert the 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 3 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. For your very first cycle - **during the first seven days of ring use** - use an extra backup method of birth control such as condoms or spermicide. Subsequent cycles of ring use do not require the use of an extra backup method. You should have your partner use a latex or polyurethane (not lambskin) condom to help protect both of you from sexually transmitted diseases, including HIV/AIDS.
7. 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.

How do you 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 you have your 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.

Why is the NuvaRing a good choice for me?

- ▲ Insert one time a month and you do not have to think about using a birth control method every day.
- ▲ You do not have to insert each time before having sex.
- ▲ You can insert the ring yourself in the privacy of your own home.

Will I have problems if I use the NuvaRing?

The side effects of the NuvaRing are similar to the Birth Control Pills. Most common reported side effects include: vaginal infection and irritation, vaginal discharge, headache, weight gain, and nausea. Other common side effects include: vomiting, change in appetite, abdominal cramps and bloating, breast tenderness or enlargement, irregular vaginal bleeding or spotting, changes in the menstrual cycle, temporary infertility after treatment, fluid retention, rash, weight changes, depression, intolerance to contact lenses, spotty darkness of the skin, particularly on the face. Possible Risks and Side Effects include: blood clots, heart attacks and stroke, high blood pressure and heart disease, cancer of the breast, gallbladder disease, or liver tumors.

Women with any of the following conditions should NOT use the NuvaRing:

- ▲ 35 years old and smoke 15 or more cigarettes a day, which increases the risk of heart attack and stroke
- ▲ Unexplained vaginal bleeding
- ▲ Pregnancy or suspected pregnancy
- ▲ Blood clots in your legs, lungs, eyes - now or in the past
- ▲ Chest pain, heart attack or stroke, diseases of the heart valves with complications
- ▲ Severe high blood pressure
- ▲ Diabetes with complications of the kidneys, eyes, nerves or blood vessels
- ▲ Headaches with neurological symptoms

- ▲ Known or suspected breast cancer or cancer of the lining of the uterus, cervix, or vaginal - now or in the past
- ▲ Yellowing of the whites of the eyes or of the skin (jaundice) during pregnancy or during past use of oral contraceptives (birth control pills), liver tumors or active liver disease
- ▲ Need for a long period of bed rest following major surgery
- ▲ An allergic reaction to the hormones in the NuvaRing or plastic

Call the health department or your doctor if you have any of these warning signs:

- ▲ 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 in one side (possible stroke)
- ▲ Yellowing of the skin or whites of eyes (jaundice), fever, tiredness, loss of appetite, yellow or clay colored bowel movements
- ▲ Breast lumps (possible breast cancer)
- ▲ Miss a menstrual period or irregular vaginal bleeding
- ▲ Swelling of your fingers
- ▲ Difficulty in sleeping, weakness, lack of energy, change in mood (possible severe depression)

Where can I get A NuvaRing?

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

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

Health Department Phone Number _____
Emergency/After Hours _____

(Information source: Company-sponsored web site, www.nuvaring.com and 2001 American Health Consultants, Inc. A Thomson Healthcare Company. (03-18-04)

