



## NuvaRing Fact Sheet

### What is NuvaRing?

NuvaRing is a flexible, donut-shaped ring that contains both estrogen and progestin and inserted in the vagina. It is a combination hormonal contraceptive and may have similar side effects found in oral contraceptives.

### What it contains

The NuvaRing contains similar ingredients to the birth control pill – an estrogen and progestin component. It releases a controlled amount of 15/mcg of ethinyl estradiol (estrogen) and 120/mcg etonogesterol (progestin) each day. It is made of ethylene vinylacetate copolymers, not latex.

### Effectiveness

Similar to the pill... 99% effective.

### How to use NuvaRing

NuvaRing is placed in the vagina for 3 weeks and removed for 1 week so a withdrawal bleed can occur. A new ring should be used every four weeks.

For new users:	Insert NuvaRing between day 1 and day 5 of your menstrual cycle-but, no later than day 5. During the first cycle of use, a back-up method must be used for the first 7 days of use. The diaphragm is not recommended as a back-up method with the ring.
For women switching from the pill:	NuvaRing can be inserted during the placebo week, but no later than the day that a new pill pack would've been started. No back-up method is required.
For women switching from Lunelle or MPA:	NuvaRing can be inserted on the day that the next injection is due.
For women switching from an IUD:	Insert NuvaRing following the IUD removal.
For women who have had an abortion:	Insert the Sunday after surgery.

### When should a new ring be inserted?

NuvaRing should be removed on the same day that it was inserted (3 weeks later) as close to the same time as possible. For example, if NuvaRing was inserted on a Saturday at 11:00 PM, it should be removed 3 weeks later, Saturday evening at 11:00 PM

Bleeding should begin 2-3 days after NuvaRing is removed. Even if bleeding has not stopped, a new ring should be inserted one week after the last one was removed to avoid a possible pregnancy from occurring. The ring is removed in the same way a diaphragm is removed.

On rare occasions, the NuvaRing can slip out of the vagina if not inserted correctly, while removing a tampon, and moving the bowels. If it comes out of the vagina and it has been out for less than 3 hours, the patient will be protected from pregnancy if the ring is reinserted. The ring that has slipped out can be rinsed with warm (not hot) water and reinserted as soon as possible. If the ring has been out of the vagina for more than 3 hours, the patient may not be protected and should use a back-up method for 7 days

### Contraindications

- Heavy smoker
- Same as combination oral contraceptives
- Allergic reaction to components
- Prolapsed uterus
- Breastfeeding

**Advantages**

- Extremely effective
- Use controlled by the woman/user
- Quick return to fertility (same as combined oral contraceptives)

**Disadvantages/Side Effects**

Similar to combination oral contraceptives: Same contraindications hold true. Use of the NuvaRing may increase blood clots, heart disease, and stroke. Women who desire to use NuvaRing should be encouraged not to smoke. Common side effects reported by women include:

- Vaginal infection and irritation
- Vaginal discharge
- Headache
- Weight gain
- Nausea
- Prescription
- NuvaRing does not protect against HIV and STDs