

## NuvaRing: A Contraceptive Vaginal Ring

NuvaRing is a method of contraception and when used correctly, will prevent ovulation and pregnancy. Like oral contraceptives, NuvaRing consists of two hormones, estrogen and progesterone. With NuvaRing, however, the hormones are absorbed through the vagina over a three week time frame.

NuvaRing should not be used in the following conditions:

- Pregnancy, suspected pregnancy, or unexplained vaginal bleeding
- Blood clots in the leg, lung, or if there is need for a long period of bed rest
- Chest pains, heart attack, stroke, severe high blood pressure
- Diabetes with complications to the kidneys, eyes, nerves, or blood vessels
- Headaches with neurological symptoms
- Known or suspected breast cancer or other cancer of the pelvic organs
- Active liver disease or tumors
- Disease of the heart valves with complications

Use of NuvaRing: The ring is left in the vagina for three consecutive weeks and removed for one week to allow for menstrual period. A specific day and time of the week should be selected for insertion and removal (for example: Sunday @ 10:00 pm)

### Starting NuvaRing

If no hormonal contraceptive used in the past month: Insert the NuvaRing into the vagina between day 1(1<sup>st</sup> day of menses) and day 5 of cycle (even if you have not finished bleeding). During the first cycle use and extra method of birth control (condom or spermicide) for the first seven days of ring use.

If switching from a birth control pill (with estrogen and progesterone): Insert NuvaRing within the first seven days of the last active tablet and no later than when you would have started your next pill pack. No extra birth control is needed.

If switching from a minipill, implant, injection, or progesterone IUD:

Minipill: Start using Nuvaring any day of the month but do not skip days between the last minipill and inserting the ring and use another method of birth control for 7 days.

Implant or Progesterone IUD: Start using NuvaRing on the same day as the implant or progesterone IUD is removed and use another method of contraception for 7 days.

Injection: Start NuvaRing on the same day your next injection is due and use another method of contraception for 7 days.

Inserting the NuvaRing:

Use a position that is comfortable (similar to tampon insertion), gently compress or squeeze the ring together and insert into the vagina. Using your finger, push the ring deep into the vaginal canal. Once inserted, leave the ring in place for three full weeks.

Removal of NuvaRing:

Insert your index and middle finger into the vagina, "hook" the edge of the ring and pull it out. Your menstrual period will usually start within 2 days.

If NuvaRing slips out:

Less than 3 hours: Reinsert. No other method of contraception is necessary.

Greater than 3 hours: You must use another method of contraception until NuvaRing has been in place for 7 days in a row.

Side effects: Like those of any oral contraception with progesterone and estrogen:

Nausea/vomiting, breast tenderness/enlargement, weight gain, irregular spotting or bleeding, fluid retention(swelling), or mood changes.

Serious side effects: Blood clots, strokes, heart attack, gall bladder disease, liver tumors, high blood pressure.

For more information please go to: [www.nuvaring.com/Consumer/index.asp](http://www.nuvaring.com/Consumer/index.asp)

Ref: "The First Contraceptive Vaginal Ring, Organon,Inc., June 2002