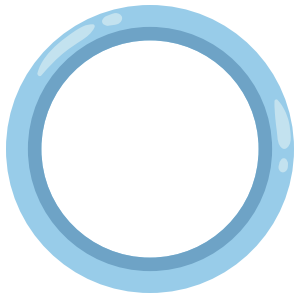


VAGINAL RING ring, birth control ring



HOW DOES THE VAGINAL RING WORK?

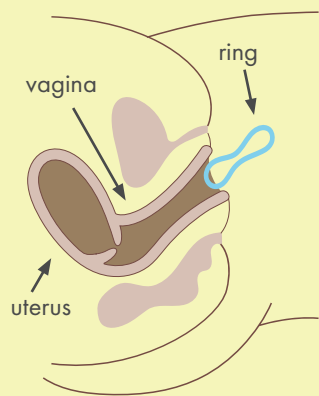
- The ring uses the **hormones progestin and estrogen** to prevent ovulation (so no egg is released for sperm to fertilize) and to thicken cervical mucus (which prevents sperm from moving into the uterus).
- There are 2 types of birth control rings: a **monthly ring** (**NuvaRing, EluRyng**) and an **annual ring** (**Annovera**). The main differences are the amount of hormone in each ring and how long they last.
 - **Monthly rings** last for 1 cycle (1 month). The **Annual ring** lasts for 13 cycles (1 year).
 - **Monthly rings** work for people of all weights. The **Annual ring** has not been well-studied in people with a BMI over 29.
- The ring works for people of **all ages and those using gender affirming hormone therapy**.

HOW DO YOU USE THE VAGINAL RING?

You must remove the ring **monthly** and **reinsert based on the type of ring** you're using.

You need to **see a provider** (in-person or via telemedicine) to start using the ring.

You have to use the ring all month and change it on schedule to prevent pregnancy.



squeeze the ring into an oval and insert it into your vagina

- Get a prescription for the ring from your provider to fill at the pharmacy or you may be able to get your rings at the clinic. Store your rings at room temperature away from direct sunlight (or in the refrigerator if storing for longer than 4 months) until you are ready to use them.
- Start by washing your hands. If using the **annual ring**, rinse and pat it dry. There is no need to rinse the **monthly ring**. Squeeze the ring into an oval and insert it into your vagina. Use your finger to push the ring as far inside as it will comfortably go, similar to a tampon. You should not feel it inside of you. Leave it there until it is time to remove (directions below). If the ring comes out, rinse it before reinserting.
 - **Monthly Ring:** Leave it in for 3 to 5 weeks. Then remove the ring by using your finger to hook the ring, pull it out, and throw it away. Wait 7 days, then insert a new ring. You will most likely get your period during this time. To skip your period, you can put a new monthly ring in immediately after you remove the old one.
 - **Annual Ring:** Leave it in for 3 weeks. Then remove the ring by using your finger to hook the ring and pull it out. Wash and dry it and put it in its container for 7 days. You will most likely get your period during this time. After the 7 days, wash and dry the ring and reinsert it for 3 weeks. The **Annual ring** lasts 13 cycles. Talk to your provider if you want to skip your period with the **annual ring**.



PRIVACY AND CONTROL

- A provider is needed to start and continue using the ring through ongoing prescriptions. You can decide to stop using the ring on your own.
- Your partner may be able to feel the ring with their fingers or penis during sex. **If you want to remove the ring during sex you can do so for up to 3 hours, but it is not necessary.**
- Someone you live with or who you share insurance with may see a bill from your insurance. Talk to the clinic if you are concerned about someone else seeing your insurance bill - there are ways to keep this information private.
- Someone may be able to find your ring packages or discarded rings. Extra vaginal rings must be refrigerated, so it is likely people you live with will see them.
- If anyone else is tracking your period, they may notice a change to your period.



USE EMERGENCY CONTRACEPTION IF:

- Your ring is out for **3+ hours at once**.
- Your ring is out for **more than 48 hours total** during the month.
- You are late putting it in **after the ring-free week**.
- **Monthly ring:** same ring used for **5+ weeks**.
- **Annual ring:** same ring used for **13+ cycles**.



DOES THE RING WORK IMMEDIATELY?

When starting **within 5 days of the first day of your period**, it will work immediately. If you are not sure bleeding is your period, you can use a backup method for 1 week.

When starting at **any other time**, the ring will take 1 week to work. Use an additional contraceptive during that week.



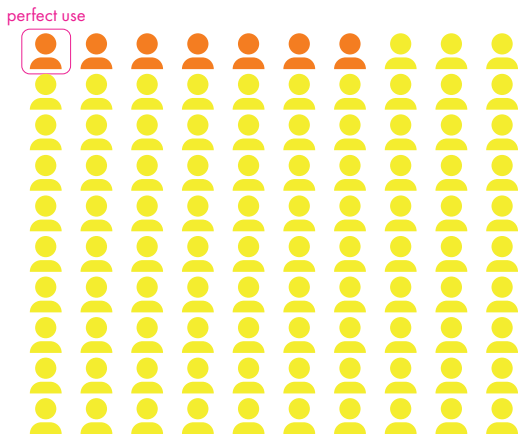
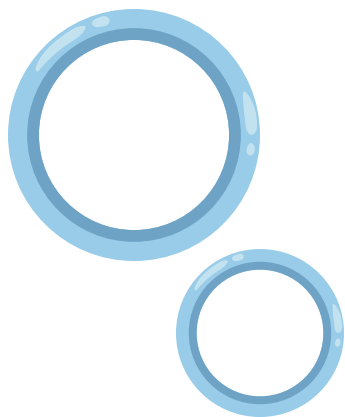
THE RING MAY NOT BE RIGHT FOR:

People who have or had:

- Clotting disorders or risk factors for blood clots
- Smoker and age 35+
- Migraine with aura
- High blood pressure
- Lupus with positive or unknown antibodies
- Sickle cell anemia
- Serious heart problems

This is not a complete list, talk to your provider about your medical history before starting this method.

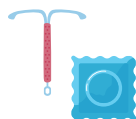
HOW WELL DO VAGINAL RINGS PREVENT PREGNANCY?



On average, **7 out of 100 people using the ring will get pregnant each year**. This means it is **93% effective** with typical use. Typical use considers how easily a person can use the ring. Some people will leave the ring out for more than 3 hours, forget to take their ring out on time, or forget to replace the ring to start a new cycle.

Some medications can make the ring not work as well.

With **perfect use**, meaning the ring is used correctly, **1 out of 100 people using the ring will get pregnant each year**. It is **99% effective**.



You can use a non-hormonal method of contraception with the ring to provide more protection against pregnancy. You **CANNOT** use the ring with Phexxi.



SEXUALLY TRANSMITTED INFECTIONS

The ring does not prevent sexually transmitted infections.

- Use external or internal condoms to lower your risk of all sexually transmitted infections.



POSTPARTUM USE

The ring is **not safe to use right after giving birth**. Estrogen can increase the risk of blood clots right after delivery and for 3-6 weeks postpartum. **After 6 weeks**, the ring is safe to use and will not affect infant development nor will it affect breast/chestfeeding, if your milk supply is well-established.

SIDE EFFECTS

PERIOD:

- Can affect.
- When starting the ring, you may temporarily have spotting between periods.
 - The ring may make your periods lighter.
 - The ring can make periods more predictable.



PERIOD CRAMPS:

Can lessen

WEIGHT:

No effect.

ACNE:

Can improve.

FERTILITY RETURN:

When you stop using the ring, you can get pregnant right away.

OTHER POSSIBLE SIDE EFFECTS:

- Headache
- Nausea
- Breast tenderness
- Increased vaginal wetness and/or discharge
- Vaginal irritation
- Diarrhea
- Vomiting
- Reduces symptoms of PCOS and endometriosis

THE RING HELPS LOWER RISK FOR:

anemia, pelvic inflammatory disease, endometrial cancer, ovarian cancer, ovarian and breast cysts, bone thinning and ectopic pregnancy



QUESTIONS TO ASK YOUR PROVIDER

- Will it increase my chances of getting vaginal infections?
- How long of a prescription can you give me?
- Is there anything I can do to make the ring easier to insert?

CONTACT YOUR PROVIDER IF YOU HAVE:



- Abdominal pain
- Yellowing of the eyes or skin (jaundice)
- High fever with a rash
- Severe headaches or changes to your vision
- Chest pain
- High blood pressure
- Difficulty breathing
- Dark patches on skin
- Leg pain/swelling



Clinic staff can help you find coverage for services and supplies. You may qualify for low- or no-cost birth control, and funding programs may be available.

Call 211 or visit www.211info.org



Oregon Reproductive Health Program
www.healthoregon.org/rh

adapted from PICCK.org