

## Vaginal Ring - Nuvaring®

### How:

The vaginal ring is a soft, flexible ring, about 2 inches across that you place in your vagina. It releases a steady flow of two hormones. It prevents pregnancy by stopping the release of an egg and it makes fluids around the cervix thicker. When you stop using the ring, you could get pregnant right away.

### When:

You leave the ring in place for 3 weeks. Then you remove it for one week. Your period usually starts 2 or 3 days after the ring is removed and might not have stopped all the way before the next ring is inserted.

### Where:

You can get a prescription for the vaginal ring from your healthcare provider.

### Advantages:

The ring is easy to use and works very well if used the right way. It may have fewer side effects than other birth control with hormones. Your periods will be more regular, lighter and less painful. It can help with acne.

### Disadvantages:

Some women may notice the ring, but most women do not. If during the 3 weeks you are using the ring, it is out of your vagina for more than 48 hours, insert the ring as soon as possible. Then use a



backup birth control method for 7 days to prevent pregnancy.

### Side effects:

A few women have headaches, vaginal discharge, nausea, irregular bleeding, cramps or sore breasts. Side effects may go away in 2 to 3 months.

### Risks:

It does not protect against HIV/STDs. You should not use the ring if you are pregnant or:

- Have breast cancer now.
- Have ever had a heart attack, stroke, a blood clot or clotting problems.
- Have certain liver diseases or liver tumors.
- Have a certain kind of migraine headache.
- Have high blood pressure.
- Have some heart conditions.
- Smoke 15 or more cigarettes a day and are 35 or older.
- Ever had a complex organ transplant.

## **Effectiveness:**

Less than 1 out of a 100 women get pregnant each year if they always use the ring the right way.

About 9 out of every 100 women get pregnant in one year if they don't always use the ring the right way.