

FACT SHEET FOR USING NUVARING® VAGINAL RING BIRTH CONTROL

How It Works

NuvaRing is a clear, flexible ring that is inserted into the vagina. The ring contains a combination of progestin and estrogen. These hormones are steadily released from the ring into your bloodstream. The hormones prevent pregnancy by preventing ovulation (the release of the egg from the ovary). Since NuvaRing works in the same way that birth control pills work, most of the advantages, risks, and side effects are the same for both methods.

Benefits

- NuvaRing is highly effective. In early studies of NuvaRing, the pregnancy rate of users was less than 1 per 100 women or 99% effective.
- You do not have to remember to take a pill everyday.
- When you decide to discontinue NuvaRing, your ability to become pregnant should return quickly.

Since NuvaRing works like combined birth control pills, many of the same non-contraceptive benefits of pills apply to the ring. These include:

- Predictable, regular menstrual cycles with decreased cramping and less blood flow.
- Less iron deficiency anemia
- Less acne
- Less chance of ovarian cysts, breast cysts, cancer of the uterus and ovaries, and Pelvic Inflammatory Disease.
- Fewer ectopic pregnancies (pregnancy in the tube)

Risks/Side Effects

NuvaRing users, like birth control pill users, have a greater chance than non-users of developing problems. Some of these side effects could be serious enough to cause death.

THE CHANCE OF SERIOUS SIDE EFFECTS IS VERY SMALL FOR A YOUNG, HEALTHY WOMAN. She is more likely to die from a car accident, giving birth, or being a pack-a-day smoker than she is from the Ring.

You may have a higher chance of having serious problems with the Ring if you:

- ✓ Have high blood pressure
- ✓ Are 35 years of age and over
- ✓ Have Diabetes
- ✓ Have high cholesterol
- ✓ Have migraine headaches
- ✓ Smoke cigarettes

Possible major side effects include:

- Blood clots in the lungs or legs;
- Stroke (blood clot in the brain);
- Heart attack'
- Liver tumor

Call us or your doctor right away if you have any of the WARNING SIGNS listed below:

- Abdominal pain (severe)
- Chest pain or shortness of breath
- Headaches (severe)
- Eye problems (blurring, loss of vision, flashing lights)
- Severe leg pain or swelling (calf or thigh)

Possible minor side effects include:

- Headache
- Increased vaginal discharge
- Vaginal irritation
- Nausea

Many women **NEVER** have any of these side effects.

OTHER MEDICAL PROBLEMS THAT ARE REASONS TO STOP USING NUVARING

If you are seeing a healthcare professional for any reason, tell them that you are using NuvaRing. You should not be using NuvaRing if you have any of the following:

- Long leg cast
- Major leg surgery
- Any surgery that will put you in bed for a few days
- Cancer of the breast or uterus

Discuss NuvaRing use with your clinician if you have the following:

- Mononucleosis (Mono)
- Hepatitis
- Diabetes
- Seizure disorder

STORAGE

The Ring can be stored at room temperature. Avoid excess heat or direct sunlight. Inserting the ring before its expiration date will ensure its effectiveness for the necessary 3 weeks. (For this reason we cannot send them in the mail)

INSERTING

- NuvaRing is easily inserted by pinching the ring together and pushing it into your vagina. Although the exact position is not critical for it to work correctly, the further into your vagina canal the ring is placed, the better.
- Insert your NuvaRing within the first 5 days of your period.
- You need to use a back-up method (like condoms) for the first 7 days of your first NuvaRing.
- Leave NuvaRing in place for 3 weeks and remove it for one (1) week, then start over with a new Ring.
- Save the foil pouch for proper disposal later.

REMOVING

Hook the Ring with your middle finger or use 2 fingers and pull it out of your vagina. Removal may be easier if you bear down as if having a bowel movement. Place the Ring in its foil pouch and throw away in the garbage out of the reach of children or pets.

7 DAYS OF NO RING

Leave your Ring out for 7 days. At some time during these days, you should see your period occur. When your 7 Ring-free days are done, insert a new Ring – even if you are still bleeding.

MISSED PERIODS

If you miss 2 periods in a row, call the clinic to inquire about the need for a pregnancy test. Continue to use NuvaRing until advised further. If you test positive for pregnancy, remove the Ring and call the clinic.

USING OTHER MEDICATION

Antibiotics or anti-seizure medications may make the Ring less effective. Use a back-up form of birth control while taking these medications. The use of spermicide or yeast medication will not affect the Ring.

IF YOU ARE CONCERNED ABOUT STDs, USE CONDOMS WITH ALL INTERCOURSE.



