

What are the strengths?

Benefits of NuvaRing may include:

- Regular menstrual periods
- Easy to use - there are no pills or shots
- Lower levels of hormones than some of the other birth control medications
- Convenient - you do not have to think about it much
- Less bleeding and cramping with your period

What are the weak points?

Many people have side effects during the first month or two of using NuvaRing. This happens because your body is getting used to the hormones. Side effects may include:

- Vaginal discomfort
- Heavier vaginal discharge
- Headache
- Weight gain
- Feeling sick to your stomach
- Breast tenderness
- Irregular bleeding or spotting

Are there serious side effects to the NuvaRing?

Yes. While there can be serious side effects, they are rare. They include:

- Severe abdominal pains (may include vomiting)
- Chest pains
- Shortness of breath
- Headaches (change in regular pattern)
- Eye problems (blurred vision or loss of vision)
- Severe leg cramps or swelling of the legs

* Don't Smoke. Smoking increases the chance for serious side effects. Ask the clinic for help if you want to quit smoking.

If you have any of these side effects, you should call the Annex Teen Clinic at (763) 533-1316 or an Emergency Room immediately and remove your ring.

You must use another form of birth control or not have sex to prevent pregnancy.

Things to Remember

- All your health care providers should know you are using NuvaRing; call your clinic.
- Some uncommon medications can change NuvaRing's ability to protect against pregnancy.
- Store NuvaRing in its foil pouch, at room temperature, and out of direct sunlight.

What if I forget to change or insert the NuvaRing on time?

If you forget to re-insert the NuvaRing, insert it as soon as you remember.

If the ring has been out of the vagina for **more than three hours** (except during the week you leave it out) and you are having sex, you are **NOT** protected from pregnancy. You must either not have sex or use condoms for 1 week before NuvaRing will start protecting you from pregnancy again.

If you wait longer than seven days to insert a new ring and you are sexually active, you need to use another form of birth control.

If you've had unprotected sex and are concerned about pregnancy, call the Annex Teen Clinic for emergency contraception (the "morning after pill") or call us to assess your need for a pregnancy test.

Call our clinic if you have questions or concerns.

NUVA RING

Questions & Answers



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What is it?

NuvaRing is a small, flexible ring that you insert inside your vagina. You wear the NuvaRing for three weeks and then remove it for one week. You will usually get your period during this one week.

NuvaRing has hormones in it called estrogen and progesterone. These hormones are like the ones that your body makes to control your period. The hormones are absorbed into your blood through the skin in your vagina while you are wearing NuvaRing. These are the same hormones that are in Birth Control Pills.

How does it work?

Like other birth control methods that use hormones, NuvaRing stops your ovaries from releasing an egg each month. When no egg is released, you cannot get pregnant. The ring also makes the cervical mucus thicker, making it harder for sperm to get to the egg.

How well does it work?

If used correctly, NuvaRing is about 99 percent effective protection against pregnancy. No birth control method can protect against pregnancy 100% of the time.

NuvaRing does not protect against sexually transmitted infections (STIs). Use a latex or polyurethane condom each time you have sex to protect yourself against STIs. Using condoms and NuvaRing together makes it even more unlikely that you will get pregnant.

How do you use NuvaRing?

You insert NuvaRing in the vagina. You then keep it in place for three weeks (21 days). Remove it for one week and then insert a new ring. During the one-week break, you will usually have your menstrual period.

There are 4 ways to start the Nuva Ring:

Any day you want: Start the first ring on any day you choose. The benefit is that you won't have to wait until your period starts. The negative is that for 7 days you can't have sex or must use a backup method of birth control. You might spot (bleed between periods) in the first month of using the ring. This should go away after a few cycles.

Any Sunday you want: Start the first ring on any Sunday you choose. The benefits and negatives are the same as above, *and* you probably won't get your period on the weekend.

The first Sunday after your period: Wait until your period starts, then insert the first ring on the following Sunday. If your period starts on Sunday, start that day. The benefit of this is that you are less likely to have spotting the first month on the ring, and starting on Sunday means that you probably won't have your period on the weekend. The negative is that for the first 7 days you can't have sex or you must use a backup method.

The first day of your period: Insert the first ring on the day that your period starts. The benefit is that the ring is effective immediately and you don't need to use a backup method of birth control. You are also less likely to have spotting during the first few months of the ring. The negative is that you have to wait for your period to start, and this could be a long time, especially if your periods are irregular, and you may get your period on weekends.

To insert NuvaRing, follow these steps:

1. Wash and dry your hands. Remove the ring from its foil pouch (keep the foil pouch).
2. Choose the position that is most comfortable for you. You may find it's helpful to lie down, squat, or stand with one leg up while inserting the NuvaRing.

3. Hold NuvaRing between your thumb and index finger and press the two sides together.

4. Gently push the folded ring into your vagina. As long as the ring is inside the vagina it will work. The exact position of NuvaRing is not important, however, the further it is pushed back, the less likely it is to slip out.

5. The NuvaRing should not feel uncomfortable once it is inserted. If it feels uncomfortable, you should use your finger to gently push it further into the vagina. There is no danger of NuvaRing being pushed too far up in the vagina or getting lost.

6. Once it's in, keep NuvaRing in place for three weeks. Leave NuvaRing in place during sex.

How do I remove NuvaRing?

Remove the ring three weeks after you put it in, on the same day of the week as it was inserted, at about the same time. For example, if you put the ring in on Tuesday at 5 p.m., then the ring should be removed on Tuesday at 5 p.m. three weeks later.

As a reminder, mark your calendar or set the alarm on your cell phone. You remove NuvaRing by hooking your pointer finger around the rim and pulling it out. Put the used ring in the foil pouch you saved and throw it away. Do NOT flush it down the toilet.

How do I put in a new ring?

After seven days (but no longer than seven days), insert a new ring. You may not have finished bleeding when it is time to put in a new ring. You must insert the new ring on time, or you may get pregnant if you are sexually active. It is all right to use tampons while using NuvaRing. If NuvaRing slips out of the vagina and you re-insert it **within three hours**, you are still protected from pregnancy. Rinse the ring with cool to lukewarm water and put it back in as soon as possible. If you have lost the NuvaRing, put in a new one and keep the same schedule as before. That means you should still remove it when you would have removed the one you lost.