

Vaginal Contraceptive Ring

- *How Does The Nuva Ring Work?*
 - It is a vaginally administered hormonal contraceptive. It contains both estrogen and progestin, the ring is made from vinyl, is very soft and flexible, is easily inserted and removed with no fitting or special placement, and is only worn for 21 days, then discarded.

- *Is It Safe?*
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- *What Are The Side Effects?*
 - Using the Nuva Ring may cause minor side effects which vary from woman to woman. For some women, a small amount of bleeding can happen between **periods** or longer bleeding during their period. This is usually not harmful and usually disappears by the third month of ring use.
 - Another temporary side effect can be some **nausea**. This is not a result of a local effect on the stomach but because the estrogen is working on the brain to cause nausea.
 - As for weight changes, **most ring users have no weight change at all**. Women using the ring in clinical trials encountered the weight gain similar to that as measured birth control pill users.
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- *What Are The Health Benefits Of The Nuva Ring?*

- *What About **Sexually Transmitted Diseases/Infections** and **HIV/AIDS** While Using the Nuva Ring?*
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- *What Do I Need To Know About Using The Nuva Ring?*
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- *When Do I Start?*
 - Women may start using the ring after the 5th day of menses and should use added protection such as condoms for 7 days. If starting before or by the 5th day of menses then a week of back up for the first cycle is recommended.
 - The ring may be started 21 days post-partum in women choosing not to breast feed (estrogen can stop lactation).
 - Same day start/restart may be done if the woman understands and consents. This means the first ring is placed the day of the clinic visit and can even be done there in the clinic with teaching. Remember that there is a need for back up such as condoms for 2 weeks.

Month

| | S | M | T | W | T | F | S |
|----------------------|----|----|----|----|----|----|----|
| Insert Nuva Ring | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Nuva Ring Free Week | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Insert New Nuva Ring | 29 | 30 | 31 | | | | |

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 What If I Am Taking Other Medications?

- When you are on **birth control** pills, always check with your health provider before taking any **prescription** medication. Use back up protection like **condoms** while on the medication and for 7 days after that. When in doubt, call us!
- If you have any questions please call before *stopping* your use of the Nuva Ring. Most side effects are minor and not harmful to you.

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 What If This Is My First Time Using The Nuva Ring?

- All women who are using the Nuva Ring for their first time can only get an initial supply of 1-3 cycles. A 3 month revisit is mandated to follow up on any complaints or difficulties with ring use and to measure the weight and the blood pressure. These are recorded and evaluated by the Nurse Practitioner. A 4 month supply can be given and because of the need for refrigeration and quality control clients cannot get an entire year's supply at one time and must return every 3-4 months.