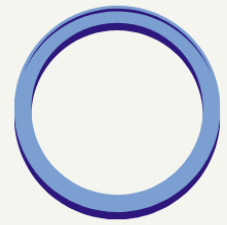


# The Contraceptive/ Vaginal Ring



## NuvaRing



### What is the contraceptive ring?

The contraceptive ring is also known as its brand name *NuvaRing*, the vaginal ring, or just "the ring". It is a soft, flexible, clear plastic ring that is inserted into a vagina to prevent pregnancy, where it slowly releases hormones (estrogen and progestin) for three weeks. The ring comes in only one size, which can fit into any vagina.



### How does it work?

The ring slowly releases hormones into the body through the vagina. The hormones, estrogen and progestin, prevent your ovaries from releasing an ovum (egg cell) each month, makes the cervical mucus thicker (making it harder for sperm to get into the cervix), and changes the lining of the uterus so it is harder for a fertilized egg to implant or grow.



### How do I use the contraceptive ring?

- The user inserts the ring themselves, on the first day of their menstrual cycle. To insert, use your thumb and index finger to press the sides of the ring together and gently push the folded ring inside your vagina.
- The ring is worn inside the vagina for 3 weeks. Then the user goes 1 week (7 days) without a ring. Usually the user starts their period within a few days of taking the ring out. At the end of the ring-free week, the user inserts another ring to begin a new cycle.
- The ring can be worn during sex. It's a good idea to regularly check that your ring is still in place, especially after sex.



### Where can I get the contraceptive ring? What is the cost?

The contraceptive ring requires a prescription from a doctor and can be filled at the pharmacy. The ring costs **\$22-\$25** a month at most pharmacies. It may be covered by insurance.



### Are there any side effects?

May cause mild side effects: irregular bleeding or spotting, bloating, breast tenderness, nausea, or mood changes



### How effective is the contraceptive ring?

If used perfectly the contraceptive ring is 99.7% effective in preventing pregnancy. Based on average use (e.g. forgetting to put a new one in on time), it is **92% effective**. The contraceptive ring does NOT offer any protection against sexually transmitted infections or HIV.

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