

SAGINAW COUNTY DEPARTMENT OF PUBLIC HEALTH  
PERSONAL AND PREVENTIVE HEALTH SERVICES  
FAMILY PLANNING

**NUVARING VAGINAL RING FACT SHEET**

Nuvaring is a vinyl ring that contains the hormones estrogen and progestin. These hormones are similar to those produced by a woman's body. The ring releases hormones in steady low doses that are lower than the patch or pills. This prevents release of the egg, thus preventing pregnancy.

**EFFECTIVENESS:**

- 99.3% with perfect use
- Lose effectiveness if stored improperly
- Must be stored according to package directions. Although the rings may be stored at room temperature for up to four months, it is generally preferred that rings be kept in the refrigerator to prolong their active life.

**USE:**

- Insert the ring within the first five days after your period starts.
- Insert one ring into your vagina. Compress the rim of the ring and place the leading edge into the opening of your vagina
- Place the ring high in the vault of your vagina, against the wall. The exact position is not critical for its function.
- Leave the ring in place for 3 weeks. Do not remove ring for intercourse.
- After 3 weeks, remove the vaginal ring for 7 days. During this break you will experience your period.
- Nuvaring may be used continuously for 28-31 days prior to inserting a new ring (eliminating the period week).
- Remove the Nuvaring by hooking your index finger under the forward rim or by grasping the rim between your index and middle finger and pulling it out.
- Place the used ring in the foil pouch and discard it in a waste receptacle (do not flush it down the toilet).

**BENEFITS:**

- The Nuvaring is easy and convenient to use

**DISCONTINUATION:**

- If the Nuvaring is out of your vagina for more than 3 hours during the 21 day period, reinsert it and use back-up contraception for 7 days.
- If the Nuvaring is out of your vagina for less than 3 hours, it should be rinsed with cool to lukewarm water (not hot) and reinserted as soon as possible.

**SIDE EFFECTS:**

- Breast tenderness
- Vaginal spotting for the first two months
- Vaginitis
- Vaginal discomfort

**WARNING SIGNS:**

- **A** - severe Abdominal pain.
- **C** - severe Chest pain.
- **H** - severe Headache.
- **E** - Eye problems: blurring, spots before the eyes, blindness.
- **S** - Severe leg pain.

**RISKS AND COMPLICATIONS:**

- Heart attack
- Stroke
- Blood clot
- High blood pressure
- Diabetes
- Liver tumors

**Remember, Nuvaring Vaginal Ring does not provide protection against sexually transmitted diseases, so it is important to use condoms each time you have sex.**

Visit our website: [www.saginawpublichealth.org](http://www.saginawpublichealth.org)



SCDPH FAMILY PLANNING PROGRAM RECEIVED TITLE X FEDERAL GRANT SUPPORT.

Reference: Hatcher, R.A., etal, (2007) Contraceptive Technology (19<sup>th</sup> Edition)  
New York, NY: Irvington Publishers, Inc.

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