

Planned Parenthood Regina

Nuvaring

NuvaRing is a flexible two-inch ring that you insert into your vagina once a month to prevent pregnancy. It stops the monthly release of an egg by the ovaries and changes the mucus produced by the cervix by delivering a low dose of estrogen and progesterin over 21 days.

Effectiveness

NuvaRing is 99% effective at preventing pregnancy when used correctly, but offers no protection from STIs.

Getting It

NuvaRing is available by prescription from your doctor or healthcare professional.

Using It

The ring should be inserted into your vagina on or before the fifth day of your period. You must use another birth control method for the first seven days. If you are switching from the birth control pill, the ring can be inserted anytime up to seven days after you take the last pill containing hormones.

Inserting the ring

- Wash and dry your hands and remove the ring from its package.
- Find a comfortable position lying down, squatting or standing with one leg raised and bent at the knee.
- Hold the ring between your thumb and index finger and press the sides of the ring together.
- Gently push the folded ring into your vagina like you'd insert a tampon. The exact position of the ring in your vagina is not important for it to work properly.
- Once inserted, the ring remains in your vagina for 21 days.

Removing the ring

- Remove the ring after it has been in place for 21 days.
- To remove the ring, hook your index finger under the rim, or squeeze the rim between your index and middle fingers, and simply pull it out.
- Dispose of the old ring in the garbage.
- Insert a new ring seven days after the last one was removed.

Side Effects

There is a low incidence of side effects including headaches, breast tenderness, nausea and breakthrough bleeding.

Common Questions

When will I get my period?

Your period will usually start two to three days after the ring is removed, and may not be finished before the next ring is inserted one week later.

Will the ring fall out?

The ring rarely falls out since the muscles of your vagina keep it securely in place. It can slip out of the vagina if it's not inserted properly or when you're removing a tampon, having a bowel movement or experiencing severe constipation. If the ring falls out, rinse it with lukewarm water and insert it back into the vagina within three hours. If it has been out of the vagina for more than three hours, use an additional method of birth control such as condoms and spermicide for seven days. If the ring falls out repeatedly, contact your doctor.

Will I be able to feel the ring?

Although some women may feel the ring in their vaginas, most do not. If you feel discomfort, the ring is probably not inserted far enough into the vagina.

Will my partner feel it?

Most men are unaware of the ring during intercourse. If they do feel it, most like the sensation.

This is an informational handout only, if you have any questions or concerns contact PPR or your family doctor

Planned Parenthood Regina

THE SEXUAL HEALTH EDUCATION PLACE

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www.plannedparenthoodregina.com

HOURS

Monday, Tuesday	9–12	1–5
Wednesday, Thursday	9–12	1–7:30
Friday	9–12	1–5
Saturday	1–5	