

Will the Ring Fall Out?

≈ The Ring will rarely fall out since the muscles of your vagina should keep the Ring securely in place

≈ The Ring can slip out of the vagina if it is not inserted properly, or when removing a tampon, moving the bowels, or with severe constipation

≈ If the Ring falls out, rinse it with luke warm water and insert it back into the vagina within 3 hours. If it has been out of the vagina for more than 3 hours another method of birth control should be used for 7 days

≈ If the Ring falls out repeatedly, contact your doctor or nurse practitioner.

Will I be able to feel the Ring?

≈ Although some women may be aware of the Ring in their vagina, most women do not feel it

≈ If you feel discomfort, the Ring is probably not inserted back far enough into the vagina

Will my partner feel it?

≈ Most men are either totally unaware or rarely aware of the ring during intercourse, and if they do feel it most men like it

How effective is the Ring?

≈ The Ring is 99% effective when used correctly

This is a brief informational handout only. When starting a contraceptive or any new medication, we encourage you to ask questions and get answers.

Contact Planned Parenthood Regina , your family doctor or a Nurse Practitioner to learn more.

Hours of Operation

Monday, Wednesday & Friday
9 a.m.- 5 p.m.
(closed from 12:00-12:45 for lunch)

Tuesday & Thursday
9:00 a.m. 8 p.m.
(closed from 12:00-12:45 for lunch)

Saturday
1:00 p.m.—5 p.m.

Sundays & Stat Holiday weekends:
Closed



NuvaRing

THE RING



A flexible ring that is inserted into the vagina once a month to prevent pregnancy

**Planned Parenthood
Regina
1920 B Francis St.
Regina, SK**

Phone: 306-522-0902

What is the Ring?

≈ NuvaRing is a flexible ring about 2 inches in diameter that you insert into your vagina once a month

How do I start using the Ring?

≈ The Ring is available by prescription from your doctor or health care professional

≈ The Ring should be inserted into your vagina on or before the 5th day after your period has started (NOTE: ensure you use another birth control method for the first 7 days)

≈ If you are switching from the birth control pill, the Ring can be inserted anytime during the first 7 days after you take the last pill that contains hormones

How Does the Ring Work?

≈ NuvaRing works by stopping the monthly release of an egg by the ovaries and by thickening the mucus produced by the cervix

≈ The Ring delivers a low dose of the female sex hormones, estrogen and progestin over 21 days

≈ The hormone is released by having contact with the vagina. The walls of your vagina absorb the hormones and distributes them into your bloodstream

How do I insert the Ring?

≈ Wash and dry your hands and remove the Ring from its package (You can reuse the package to dispose of the used Ring)

≈ Find a comfortable position, either lie down, squat or stand 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 as high into your vagina as you can. The exact position of the Ring in your vagina is not important for it to work properly

≈ Once inserted, the Ring will remain in your vagina for 21 days

How do I remove the Ring?

≈ After the Ring has been in place for 21 days, it is time to remove it

≈ 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

≈ Place the used Ring in the foil pouch that the new Ring came in and dispose of it in the garbage

≈ You will insert a new Ring 7 days after the last one was removed

When will my period come?

≈ After 21 days, you will remove the Ring and will have one week without using the Ring

≈ Your menstrual cycle (period) will usually start 2 to 3 days after the Ring is removed and may not be finished before the next Ring is inserted

Side Effects?

≈ The low, steady hormone release of the Ring over 21 days can mean a low incidence of side effects

≈ Although the chance of side effects is low, you may experience headaches, breast tenderness, nausea and breakthrough bleeding (these usually go away after the first 2-3 months of use).