

Patient Information for Informed Consent:
NUVARING® VAGINAL RING BIRTH CONTROL

Expiration Date

Always check the expiration date on the NuvaRing® package before inserting it. Your unused NuvaRings® can be stored at room temperature (avoid excess heat and direct sunlight) until the expiration date. As long as the ring is inserted before the expiration date, it will remain effective for the three weeks it is in place in the vagina. A ring inserted after the expiration date may not be fully effective.

Inserting NuvaRing®

NuvaRing® can be easily inserted by you. By using your finger to press the sides of the ring together you can gently push it into your vagina. The exact position of the ring inside the vagina is not critical for it to work. It is kept in place for 3 weeks. It does not need to be removed for intercourse. After three weeks of use, the ring is removed. Most women will bleed within several days of removing the ring. After a one-week ring-free interval, you need to insert a new ring.

What If The Ring Slips Out?

NuvaRing® can slip out by itself in some women. This is called expulsion. Expulsion is more likely to occur in women with pelvic floor muscle laxity or in women with chronic constipation.

If NuvaRing® is taken out of the vagina or expelled, it should be rinsed with cool to lukewarm (not hot) water and re-inserted as soon as possible. If NuvaRing® is out of the vagina for more than three hours it may lose some effectiveness. To maintain the effectiveness of the NuvaRing®, a back up method of birth control MUST be used for seven days.

Need For a Back up Method of Contraception

Situations in which you will need a back up method of contraception are outlined below. You should not rely on a diaphragm when you need a back up method of birth control because NuvaRing® may interfere with the correct placement and position of a diaphragm.

If you have taken NuvaRing® out of your vagina or if it has slipped out by itself (expulsion):

- The effectiveness will not change if NuvaRing® is replaced within three hours
- If NuvaRing® is replaced after three hours outside the vagina, the effectiveness may be reduced. You need to use back up method of contraception (not a diaphragm) for 7 days in a row.

If your ring-free interval has been longer than a week:

- You could have become pregnant. Consider a pregnancy test
- When you replace NuvaRing®, you will need to use a back up method (not a diaphragm) for 7 days in a row.

If you have left the NuvaRing® in longer than you should have (up to four weeks from insertion):

- Remove the NuvaRing®
- Take a ring-free week
- Insert a new NuvaRing® after the ring-free week

If you have left your NuvaRing® inside the vagina for longer than four weeks:

- You could have become pregnant. Consider a pregnancy test.
- When you insert a new NuvaRing®, you need to use an additional method of contraception (not a diaphragm) for 7 days in a row.

Removing NuvaRing®

The ring is removed three weeks after insertion on the same day of the week as it was inserted, at about the same time. Hook your index finger under the forward rim or hold the rim between your index and middle fingers and gently pull it out. Removal may be easier if you gently bear down (as if having a bowel movement) as you remove the ring. Place the used ring in the foil pouch and properly dispose of it in a waste receptacle out of the reach of children and pets. Do not throw in the toilet.

When to Expect Your Period

Most women who use NuvaRing® will have bleeding begin sometime in the ring-free week. You may still be bleeding (usually spotting) at the time of insertion of the new ring. To continue to have pregnancy protection, you must insert the new ring one week after the last one was removed, even if your menstrual period has not stopped.

If You Miss Your Period

If you are using NuvaRing® correctly (3 weeks in, 1 week out) and you miss two periods in a row, it is possible that you may be pregnant. You need to call your clinician. If you have tested positive for pregnancy and NuvaRing® is in place, you must remove it immediately and notify your clinician.

If You Are Taking Other Medications

Taking other medications (seizure medications, antibiotics, or anti-HIV protease inhibitors) while using NuvaRing® may cause the ring to be less effective. The hormones in NuvaRing® may also cause an increase in the amounts of certain other medications you may be taking. Always be sure your clinician knows what medications you are taking.

If oil-based vaginal anti-fungal medications (for yeast infections) are used while NuvaRing® is in place, the hormone levels released into the blood may be increase. This should not reduce the effectiveness of NuvaRing®. If you are using vaginal medications on a regular basis or for more than several days in a row, you should discuss this with your clinician.

There should be no change in hormone levels or contraceptive effectiveness when a water-based product like nonoxynol-9 spermicide is used in the vagina along with NuvaRing®.

Using the ring does not protect against sexually transmitted infections. Severe infection could cause sterility. If you or your partner have other sexual partners, you also should use latex condoms to prevent infections, in addition to using the ring for pregnancy prevention.

Regular physical examinations for routine health care and for screening for sexually transmitted infections and cancer are strongly recommended.