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NUVARING

- The Nuvaring is a pliable, soft, transparent, flexible ring. It is kept in the vagina for 21 days and then removed for one week (your period). With typical use, the risk of pregnancy is 0.65%-1.75%. The ring is easy to insert, comfortable to use and easy to remove.
- You cannot insert it wrong!
- Effective within the first day of use and rapidly reversible. Ovulation typically occurs within 17-19 days of removal.
- The ring will not cause you to gain weight and you can use tampons if needed.
- The ring may be removed for up to 3 hours in any 24-hour period without having to use a backup method.
- If the Nuvaring accidentally comes out prior to the end of a 3-week period it may be rinsed in lukewarm water and reinserted. If it has been out for more than 3 hours during the first or second week of use, a backup method must be used for 7 days.
- If the ring has been out of the vagina for more than 3 hours in the third week there are 2 options: Insert a new ring and begin a new 3 week cycle or leave the ring out, have a period and then reinsert a new ring no later than 7 days after the first ring was removed. Either way you must use a backup method (male/female condoms, spermicide) for 7 days.



Warning signs while using Nuvaring include: Blood clots, stroke and heart attack are side effects associated with the use of combined contraceptives such as Nuvaring or birth control pills. The risk increases if you are over the age of 35 and smoke cigarettes.

WHEN CAN I START THE NUVARING:

- On the first day of your period. No backup method is needed.
- On day 2-5 of your period. Use a backup method (male/female condoms/spermicide) for 7 days.
- Quickstart method-may start the ring on any day, if reasonably certain you are not pregnant. A backup method (male/female condoms) must be used for 7 days.
- If switching to Nuvaring from birth control pills no backup method is needed.

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