

What is NuvaRing?

- NuvaRing is a flexible, non latex, donut-shaped ring containing hormones like those in the birth control pill.
- When used correctly it is 99% effective at preventing pregnancy.
- It does not prevent HIV or STIs.



How does NuvaRing work?

NuvaRing is put in the vagina for three weeks and taken out for one week to allow for your period. One ring will last one month.

NEW USERS should put in the NuvaRing between the first and fifth day of the menstrual cycle. You must use a back-up method for seven days after putting in the first ring.

NuvaRing should be taken out on the same day it was put in, three weeks later. Bleeding should start two to three days after it is taken out. The next ring must be put in one week later even if bleeding has not stopped. If NuvaRing has been left in place for more than four weeks, you could get pregnant.

Pregnancy must be ruled out and you need to start over as a new user.

There is a small chance the NuvaRing may come out of the vagina while taking out a tampon or straining to have a bowel movement.

The ring should be rinsed with warm water and put back in as soon as possible. As long as it is put in within three hours, pregnancy can be prevented.

Side Effects

Side effects are like those that can happen with the birth control pill.

Some possible side effects are:

- headache
- weight gain
- nausea
- breast tenderness

Some women should not use NuvaRing. Ask your health care provider if NuvaRing is right for you.