

NuvaRing Vaginal Contraceptive

What is NuvaRing?

NuvaRing is a flexible vaginal ring approved for the prevention of pregnancy in women.

Does NuvaRing contain hormones?

Yes, NuvaRing contains two types of hormones (estrogen and progestin), which work together to prevent pregnancy. These are the same types of hormones found in the Pill and they work the same way even though they are administered differently. These hormones are slowly absorbed through the vaginal mucosa.

How effective is the NuvaRing?

It is one of the most effective forms of birth control available. It is considered to be 99% effective.

How does NuvaRing work?

NuvaRing works by suppression of ovulation. It also thickens the cervical mucus which can prevent sperm from getting into the uterus. It may change the lining of the uterus preventing implantation.

How is NuvaRing used?

NuvaRing is inserted deep into the vagina and it stays in place for 3 weeks. It is usually removed for a week during which time the menstrual cycle will occur and then a new ring is inserted. Every fourth week a new ring is inserted on the same day of the week.

When should NuvaRing be started?

NuvaRing can be inserted day 1-5 of the menstrual cycle. If inserted day 1, it is effective immediately. If inserted day 2-5, a back-up contraceptive is recommended for at least a week.

Is NuvaRing covered by insurance?

Yes, it is covered by most insurance plans.

Can NuvaRing be lost inside me?

No, NuvaRing usually becomes positioned around the cervix or lower portion of the uterus where you or a partner cannot feel it. It cannot go up into the uterus. It occasionally may come out during sex. Just put it back in within 2 hours. Some women check to make sure it is still in place after sex.

Does NuvaRing prevent STDs?

NuvaRing does not protect against HIV or STDs.

Who should use NuvaRing?

Women who:

- Want birth control they don't have to think about every day
- Are between having children
- Are unsure if they want more children

Who should not use NuvaRing?

Women who:

- Have a current or past history of blood clots or clotting disorders
- Have severe hypertension
- Have migraine headaches with warning signs
- Have known or suspected breast cancer
- Have undiagnosed genital bleeding
- Are heavy smokers

How can I remember when it's time to change the NuvaRing?

Go to www.NuvaRing.com to learn more about this contraceptive. NuvaRing provides a tracking tool called NuvaTime which can be accessed from the website.

Is NuvaRing available at SHC?

Yes, but it may be covered by insurance without a co-pay if an outside pharmacy is used.