

NuvaRing ("The Ring")

Effectiveness

- 99% chance of **NOT** getting pregnant
- **Less than 1 per 100 women may become pregnant with proper use.**

What is the NuvaRing?

- The NuvaRing is a comfortable, flexible contraceptive ring that is about two inches in diameter and contains synthetic low dose hormones (progestin and estrogen); these hormones are similar to those produced by a women's body.
- The NuvaRing is placed directly into the vagina; hormones are released from the ring and are directly absorbed through the walls of the vagina then distributed into the bloodstream.
- Pregnancy is prevented because the ring prevents the ovaries from producing mature eggs.
- The ring is a reversible method of birth control available only by prescription.

Advantages of NuvaRing

- Does not interfere with sex. Ability to remove the ring at leisure.
- No need to remember to put it on daily/weekly. Month long protection (3 weeks in, 1 week out)
- Exact positioning of the NuvaRing is not critical; however the ring should be placed high in the vault of the vagina.
- Muscles within the vagina allow the ring to stay in place during sex and/or exercise.
- Reduces menstrual flow and cramping.
- Decreases acne outbreaks.
- Reduces the risk of ovarian and endometrial cancer.
- Ability to become pregnant immediately after discontinued use, if seeking pregnancy.

Disadvantages of NuvaRing

- Not a good choice if patient is uncomfortable with touching herself.
- Increased risk of heart attack, stroke, or blood clots (in lungs, legs, or arms), especially if you smoke more than 15 cigarettes a day, or are over 35 and smoke.
- Patient may experience vagina discomfort and discharge.
- If the ring is kept out of the vagina longer than 3 hours on any day during the 21 day period (3weeks) pregnancy can occur; therefore a back-up method (condoms) is recommended for 7 days.
- Does not prevent sexually transmitted diseases (see warning below).

For more information for more detailed instructions on how to use the ring please visit:

http://www.nuvaring.com/Consumer/whatIsNuvaRing/index_flash.asp

How Do I Decide?

- Are you comfortable touching your genitalia to place and remove the ring?
- Are you smoking more than 15 cigarettes a day? If yes this method may not be good for you.
- Do you have liver disease, breast cancer and/or blood clots in lungs, legs, or arms?
- Are you taking any medications that may interfere with the effectiveness of the ring? (Consult with a clinician)
- Does this method fit with your religious or moral beliefs?

In the Philadelphia area, click [here](#) for a list of local family planning clinics. Outside of Philadelphia, please click [here](#) for a clinic near you.

REMINDER: This method does not provide any protection against [sexually transmitted diseases \(STD's\)](#) including [HIV](#) and [Hepatitis B](#). Using a [condom](#) consistently can help to protect you from STD's.