

NUVA RING BASICS

The Nuva Ring gives you all the benefits of the pill, but you only need to remember it once a month.

- It gives you **excellent** pregnancy protection. Typically, five out of 100 women on the Ring might become pregnant in a year. Without birth control, it's 85 out of 100!

- The longer you use a method like the Ring, the more protection you get from ovarian and uterine cancer.

- The Ring gives you lighter, shorter, more regular bleeding each month with less cramping. It can also improve acne.

- The Ring can help to prevent both yeast infections and bacterial vaginosis (BV).

- You can safely choose to skip any period or have only four periods a year. Ask a Health Quarters clinician for more info.

- The Ring will not cause weight gain.

- Mark your calendar, or set your cell phone to remind you when to change your Ring.

- Taking a daily multivitamin while using the Ring is good for your health.

- Please call Health Quarters with any questions.

HOW TO USE THE NUVA RING

- Start on the 5th day of your period.
- Start today
- Start _____
- Use condoms or don't have sex for 7 days.
- Remove it 3 weeks later on the same day of the week you put it in. Put a new one in one week later on the same day of the week.

OR

- Every month put it in on the _____
- Every month, take it out on the _____

You should have your period in the week you do not have the Ring in.

You are still protected from pregnancy during the week without the Ring, as long as you put a new Ring in when you should.

If the Ring bothers either you or your partner during sex, you may take it out for up to 3 hours and you will still be protected. Remember to put it back in!

You can keep the Ring in the unopened package at room temperature for up to 4 months. If it is kept in the refrigerator it can be used up to the expiration date stamped on the box.



THINGS TO REMEMBER

Use condoms for protection from sexually transmitted diseases and HIV.

Some women check daily, while they are showering, to be sure the Ring is in place. Or, you or your partner can check before and after sex to be sure it is still there.

You should not feel the Ring; if you do, just push it further into the vagina.

Put the used Ring back in the foil package it came in before you throw it away.

Minor side effects – breast tenderness, nausea, spotting or bleeding, mood changes – usually go away in the first 3 months of use.

Blood clots in your veins are rare but serious complications of the Ring. Smokers, especially women over 35, and those with an inherited clotting problem or other medical conditions, are at increased risk.

Call us or go to the ER if you experience:

- A** Abdominal pain: severe
- C** Chest pain or shortness of breath
- H** Headache: new, severe, unusual
- E** Eyes: loss of vision/flashing lights
- S** Severe pain in one leg: redness/swelling

Some medications such as Tegretol, Dilantin, Trileptol, Topamax, and St. John's Wort can make the Ring less effective, so please tell your clinician what you are taking. Antibiotics have **not** been shown to affect the Ring.

OOPS!

You forgot to take your Ring out when you should:

- Take the Ring out as soon as you can. As long as the Ring has not been in for more than 30 days, you are still protected. Put in a new Ring one week later.
- If the Ring has been in place for **more than** 30 days and you have had unprotected sex in the past few days, take Plan B (emergency contraception).
- Put in a new Ring right away.
- Use condoms or don't have sex for 7 days.
- You will not have a period, but you may spot.

The Ring is not in place

- If the Ring slips out, rinse it off and reinsert it as soon as possible.
- If the Ring is lost, insert a new one.
- If it was out for less than 3 hours, you are still protected.

If the Ring has been out for more than 3 hours:

- Use condoms or don't have sex for the next 7 days.
- If it ever happens in the first week of use, and you had unprotected sex: take Plan B.
- If it ever happens in the last week of use: put a new Ring in and leave it in for the next month. (You will not have a period, but you may spot).

FINAL THOUGHTS

Today there are many different types of birth control available.

You want to find a method that is

- ✓ Convenient
- ✓ Effective
- ✓ Safe
- ✓ Affordable

Your birth control needs may change throughout your life.

We can help you find one that will fit your lifestyle.



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978.922.4490

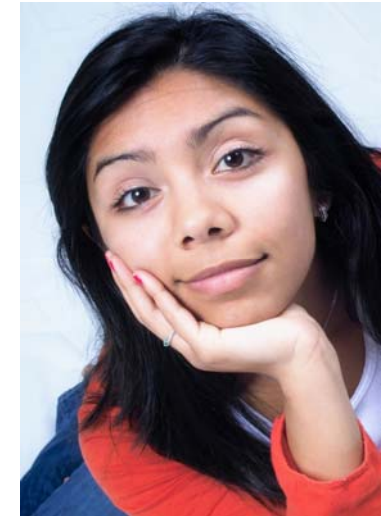
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978.521.4444

101 Amesbury Street Lawrence, MA 01840
978.681.5258

694 Western Avenue Lynn, MA 01905
781.593.1115

274 Main Street Reading, MA 01867
781.944.8325

Low-cost Emergency Contraception (Plan B)
1.800.892.0234



About

NUVARING