



About NuvaRing®

FREQUENTLY ASKED QUESTIONS

What is NuvaRing®?

NuvaRing is a form of birth control used by women to prevent pregnancy. The NuvaRing® does not protect against HIV or sexually transmitted infections. This fact sheet is information about how to use NuvaRing®, its benefits, and possible problems. It is important to remember that NuvaRing® may not be right for everyone. Talk to our clinic staff to learn about other birth control options.

What are the benefits and risks of using NuvaRing®?

Benefits – Some of the good things about using NuvaRing® include:

- No interruptions before sex
- 98-99% effective in preventing pregnancy if used the right way
- The NuvaRing® can be taken out if you want to become pregnant

Risks – Serious problems that could happen from using NuvaRing® include:

- Blood clots
- Stroke
- Heart attack
- High blood pressure
- Liver tumors
- Breast problems

DO NOT SMOKE WHILE USING NuvaRing.

Who should NOT use NuvaRing®?

If you have, have had, or develop any of the following, do NOT use NuvaRing®.

- High blood pressure
- Heart attack, chest pains, stroke or serious problems with heart valves
- Blood clots in legs, lungs, or eyes now or in the past
- Liver tumors or liver disease
- Diabetes and problems with kidneys, eyes, nerves or blood vessels
- Cancer of the breast, uterus, or history of cancer in your family
- Unexplained vaginal bleeding
- Pregnant or may be pregnant
- Yellowing of skin or the whites of your eyes while pregnant or using birth control pills
- Long periods of bed rest (for example after major surgery)
- Severe headaches or migraines

Conditions that strongly increase your risk of heart attack. These are:

1. Older than 35 AND smoking
2. Diabetes plus signs/symptoms of heart disease
3. High blood pressure and not taking medicine
4. Taking medicine for high blood pressure AND smoking more 15 or more cigarettes per day.

How do I use the NuvaRing®?

Follow the directions below for NuvaRing®. This will help lower your risk of unwanted pregnancy.

1. Put a NuvaRing® into your vagina on a certain day and time. You pick the day and time (for example Thursday at 8a.m.).
2. Keep the NuvaRing® in place for 3 weeks straight. Do NOT take it out.
3. At the end of Week 3 (21 days), take out the NuvaRing® close to the day and time you picked (Thursday at 8a.m.).
4. During the 1 week break, you should have your period.
5. At the end of the 1 week break (7 days), put in a new ring on the day you picked, even if you are still bleeding.

The NuvaRing® can be stored at normal room temperature for up to 4 months. Keep out of direct sunlight. Each NuvaRing® should NOT be used more than 4 months after the date issued from the pharmacy or after the expiration date, whichever comes first.

When can I start using the NuvaRing®?

If you are using:

- Condoms, diaphragm, or no method:
Insert NuvaRing® between Day 1 (1st day you bleed) and Day 5 of your period, even if you are still bleeding. It must be put in by Day 5. You must use back-up for first 7 days after putting in NuvaRing®.
- Birth control pills or birth control patch:
Insert NuvaRing® any time during your period (week of reminder pills or week off from patch). The ring must be put in no later than the day you start a new pill or new patch.
- Depo Provera:
With Depo Provera- start using NuvaRing® on the day the next shot is due.
- Mini pills (progesterone only):
Start at anytime of the month. Do not miss any pills before inserting the ring. Stop taking pills after inserting the ring.
- IUD & Implants:
Put in NuvaRing® the day the other method is removed.

When do I have to return to the clinic?

After you start using NuvaRing®, you need to make an appointment with our clinic staff:

- Within 3 months of starting to use NuvaRing® for a check-up. You should go see our clinic staff every 4 months after that.
- If you are having any minor problems with NuvaRing®. You may need to be examined.

What if the NuvaRing® falls out?

The NuvaRing® can fall out if not put in the right way. This can happen when you are having a bowel movement or straining with constipation. If the NuvaRing® falls out and:

Less than 3 hours have passed:

- You should still be protected from getting pregnant.
- Rinse the ring with cool water (NOT hot) and put it in right away.
- If ring is lost, put in a new ring. Stay on the 3 week schedule.

More than 3 hours have passed:

- You MUST use a backup method for the next 7 days.
- Rinse the ring with cool water (NOT hot) and put it in right away.

If the NuvaRing® keeps slipping out:

- Call the CCDPH clinic near you. See last page for contact information.

What happens if I forget to remove the NuvaRing®?

If 4 weeks have passed since you removed the ring:

- Insert a new ring AFTER a 1 week break.

If more than 4 weeks have passed since you removed the ring:

- You MUST check if you are pregnant first.
- If you are not pregnant, put in a new ring. Use a backup method for the next 7 days.

What happens if I miss a period while using the NuvaRing®?

You should check to make sure you are NOT pregnant if:

- The NuvaRing® was out of the vagina for MORE THAN 3 hours during the last three weeks.
- You waited longer than 1 week to put in a new ring.
- You have followed the directions BUT missed 2 periods in a row.

How do I throw away the NuvaRing®?

1. Put the used ring in the re-closable foil package.
2. Throw out the ring with regular household trash out of the reach of children and pets.

DO NOT THROW THE USED RING IN THE TOILET!

What are side effects from using the NuvaRing®?

Minor problems from your use of NuvaRing® may include:

- Breast tenderness or enlargement
- Stomach cramps or bloating
- Nausea
- Changes in appetite
- Changes in your period
- Trouble with contact lenses
- Rash
- Headache
- Depression
- Off and on bleeding or spotting
- Unable to get pregnant for a while after not using ring
- Vaginal infections, discharge and/or irritation
- Spotty darkening of the skin (especially the face)

If you notice any of the following possible side effects, CALL OUR CLINIC STAFF:

- No period after having a period every month
- New lump in your breast(s)

If you have any of the following SEVERE side effects, GET EMERGENCY CARE RIGHT AWAY.

Follow up with our clinic staff.

- Sharp or crushing chest pain
- Pain in the back of lower leg
- Sudden severe headaches
- Yellowing of whites of eyes or skin
- Sudden or complete loss of vision
- Problems with speech
- Swelling of fingers and ankles
- Severe pain, swelling or tenderness in the stomach
- Coughing up blood
- Vomiting, dizziness or fainting
- Severe depression
- Weakness or numbness in an arm or leg

Where can I get more information?

To find out more information about NuvaRing® call the District Office near your home.

North Suburbs

847-818-2860

847-818-2023 TDD

West Suburbs

708-786-4000

708-786-4002 TDD

Southwest Suburbs

708-974-6160

708-974-6043 TDD

South Suburbs

708-232-4500

708-232-4010 TDD