

# NuvaRing®



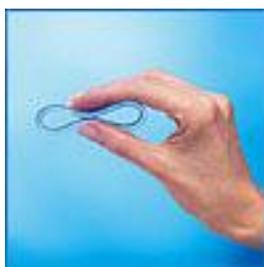
Family Planning Tasmania  
sexuality education & clinical services

## What is NuvaRing®

NuvaRing® is a soft plastic ring which is self inserted into the vagina. It is left in place for 3 weeks and taken out for 1 week. Once inserted it releases low doses of two hormones (oestrogen and progestogen) into the blood stream. These hormones are similar to those naturally produced by the female body and the same as those used in the combined oral contraceptive known as “The Pill”

## Using NuvaRing®

Using **NuvaRing®** for the first time requires an assessment by a doctor and a prescription. Your first ring should be inserted on any day in the first 5 days of your normal cycle (Day 1-5). To insert the ring, simply squeeze the ring between thumb and index fingers, then gently insert into the vagina.



Your vaginal muscles will keep it in place, even during exercise and sex.

**Day 1** is the first day of your usual period. If you insert it on **Day 1-5** you will be covered for contraception immediately. If inserted later than **Day 5** you will be protected from pregnancy after the ring has been in place for 7 days.

There is more detailed information about **NuvaRing®** provided in the **NuvaRing®** packet. It is important to follow the manufacturer's instructions about storing and using **NuvaRing®**

## What do I need to know about the ongoing use of NuvaRing®?

A new ring is inserted into the vagina **every 4 weeks**. After insertion the ring is left in place for **3 weeks**, then removed and a new ring inserted a week later. A monthly bleed (a withdrawal bleed) occurs in the week when there is no ring in place.

**It is important to replace with a new ring, no more than 7 days after removal of the previous one.**

While many women prefer to have a regular period it is possible to delay or avoid a withdrawal bleed. See your health professional for more information.

Though it is not necessary, the ring can be removed during sex if desired. If removed it **must** be reinserted within 3 hours to maintain the contraceptive effect.

## NuvaRing® may not be effective:

- If you forget to insert a new ring
- If you forget to insert your new ring after the 7 day break, or if you remove it at any other time for longer than 3 hours. If this occurs then insert the ring as soon as you remember and use another form of contraception or abstain from sexual intercourse for 7 more days.
- If you leave the same ring in for more than 4 weeks effectiveness cannot be assured.
- If medication is taken .

Certain medication may interfere with the effectiveness of NuvaRing®. If you have been prescribed medication, always ask your doctor if you need extra precautions. Extra precautions may be required while you are on medication and for an extra 7 days. Some non-prescribed medication, such as St Johns Wort, can make NuvaRing® less effective. Check with the pharmacist.

## Is NuvaRing® suitable for all women?

Most women can safely use NuvaRing® However there are some factors which may mean that NuvaRing® is not an acceptable form of contraception for you. Generally these are the same as for “The Pill”. See your health professional for more information, at a Family Planning Clinic or General Practice

Family Planning Tasmania: Hobart 03 62739117

Launceston 03 63434566

Burnie 03 64317692

### What are the advantages of NuvaRing®?

- It is a highly effective method of contraception
- It releases a consistently low level of hormones which are absorbed directly into the blood stream
- There is a predictable and regular bleeding pattern
- It does not require daily pill taking
- Fertility returns soon after stopping

### What are the disadvantages of NuvaRing®?

- It is more expensive than most other methods
- It does not protect against sexually transmitted infections
- You must remember to remove/insert the new ring at correct intervals
- A medical review is required each year for an ongoing prescription

### Do I need emergency contraception if I have been late with my ring insertion?

Emergency contraception may be required if you do not use NuvaRing® according to instructions and sexual activity occurred without a condom being used. Emergency contraception is indicated if a new ring is inserted late and unprotected sex has occurred during the ring free period or in the 7 days after. Contact a health professional if you are unsure if you need emergency contraception.

Emergency contraception is very effective when taken within 24 hours, but may be taken up to 120 hours (5 days) after unprotected sexual intercourse.

**Emergency contraception** is available without a prescription from pharmacies and Family Planning Tasmania Clinics.

See FPT's  
Emergency Contraception fact sheet.

### What should I do if I am sick?

Unlike the Pill, the hormones of NuvaRing® do not go through the stomach, so effectiveness is not altered by vomiting and diarrhoea. No extra precautions are required.

To renew your NuvaRing® prescription you will need to see a doctor at a family Planning Tasmania Clinic or a GP at least once a year.

#### Disclaimer:

FPT has taken every responsibility to ensure that the information contained in this fact sheet is up-to-date and accurate.

As information and knowledge constantly changes, readers are advised to confirm that the information contained complies with present research, legislation and policy guidelines. FPT accepts no responsibility for difficulties that may arise as a result of an individual acting on advice and recommendations

FPT acknowledges the contribution of Family Planning Queensland in the development of this fact sheet

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## Special Situations

### The ring has been in for more than 3 weeks but less than 4 weeks

#### Remove the ring.

Have a shortened ring free break and insert a new ring as scheduled, that is 28 days after the current one was inserted.

No additional contraceptive cover is needed.

### The ring has been left in for more than 4 weeks

#### Remove the ring.

Immediately insert a new ring. Use condoms for next 7 days. If there has been any unprotected sex in the previous 5 days, emergency contraception should be considered.

### The ring is late being inserted

If insertion of a new ring is **more than 24 hours late insert a new ring immediately**. Use condoms or abstain from sex for 7 days. If there was unprotected sex in the previous 5 days use emergency contraception.

### A ring in current use is left out for more than 3 hours

## Running Rings Together

The NuvaRing can be used continuously without a ring free break. This has been studied for up to 12 months of continuous use. A new ring can be inserted every 3-4 weeks

Reinsert the ring immediately  
Use condoms for 7 days  
**In Addition**

#### Days 1-7 of ring use

Consider using emergency contraception if there was unprotected sex in the 5 days prior to leaving the ring out.

#### Days 15-21

Continue to use the current ring until it is due to be removed. Remove it and insert the new ring immediately  
(**Don't** have the usual 7 day break from ring use)