

Sexual Health THE NUVARING®



creating healthy communities
together

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The NuvaRing® is a soft and flexible non-latex ring inserted into the vagina to prevent conception. It is 92 – 99% effective in preventing pregnancy. The NuvaRing® does not protect against sexually transmitted infections (STI).

How does it work?

- The woman inserts the NuvaRing® into her vagina similar to inserting a tampon.
- The NuvaRing® slowly releases a low dose of two synthetic hormones, estrogen and progestin (similar to “The Pill” and “The Patch”) which are absorbed by the lining of the vagina.
- Prevents ovulation (release of egg).
- Thickens cervical mucus which slows the movement of sperm through cervix.
- Is in place for three weeks of every month.

Advantages

- Monthly application, no day to day routine required.
- Simple and easy to use.
- Doesn't interfere with intercourse.
- Menstrual period may become more regular and less painful.
- Menstrual period may become shorter with less bleeding.
- There may be a decrease in premenstrual symptoms.
- May be used until menopause in healthy women who do not smoke.
- Can be used longer than three weeks with health care provider direction.

Considerations

- Not recommended for women 35 or older who smoke.
- Must be prescribed by a health care provider.
- May cause irregular bleeding or spotting.
- May cause headache, nausea, breast tenderness.
- May cause vaginal discomfort or irritation. Side effects usually disappear after the first few periods.

- Some medications may decrease the effectiveness of the NuvaRing® and an additional method of contraception should be used. Please discuss this with your health care provider or pharmacist.
- Some women may not like the idea of inserting a ring into the vagina.

Check with your health care provider or pharmacist and use an additional method of birth control.

- May cause irregular bleeding or spotting.
- May cause breast tenderness, headache, or nausea.

ACHES: Warning Signs for Combined Hormonal Contraceptive. See a health care provider immediately if you have:

A = Abdominal pain (severe)

C = Chest pain (severe) and/or cough, shortness of breath, or sharp pain on inspiration

H = Headache (severe) and/or dizziness, weakness or numbness, especially if one-sided

E = Eye problems, including vision blurring or loss, and speech difficulties

S = Severe calf or thigh pain, especially with localized warmth/redness

Sexually Transmitted Infection (STI) Protection

The NuvaRing® does not protect against STIs. Use a separate condom, dental dam, latex glove for each sex act.

Adapted with permission from the Middlesex London Health Unit.