

Vaginal Ring (Nuvaring)

The vaginal ring is a soft, flexible ring, approximately two inches across that you place in your vagina. The vaginal ring releases a steady flow of two hormones (estrogen/progestin). It prevents pregnancy by stopping the release of an egg. It also thickens the cervical mucus (liquid at the uterine opening) to stop sperm from reaching the egg.



Effectiveness:

- Less than 1 out of 100 women get pregnant each year if they always use the ring the right way
- About 9 out of every 100 women get pregnant in one year if they don't always use the ring the right way

Leave the ring in place for three weeks and remove it for one week

You can start using the vaginal ring at any time, as long as you are not pregnant.

Your period usually starts 2 or 3 days after the ring is removed and might not have stopped all the way before the next ring is inserted

ADVANTAGES: The ring is easy to use and works very well if used the right way. It may have fewer side effects than other birth control with hormones. Your periods will be more regular, lighter and less painful. It can help with acne.

DISADVANTAGES: Some women may notice the ring, but most women do not. If during the 3 weeks you are using the ring, it is out of your vagina for more than 48 hours, insert the ring as soon as possible. Then use a backup birth control method for 7 days to prevent pregnancy..

You may not have any side effects from the vaginal ring. However, many women may experience:

- Headaches
- Vaginal discharge
- Nausea
- Irregular bleeding
- Cramps
- Sore breasts

Side effects may go away in 2 to 3 months

You should not use the vaginal ring if you are pregnant or:

- Have breast cancer now
- Have ever had a heart attack, stroke, or a blood clot or clotting problems
- Have liver disease or liver tumors
- Have migraine headaches with aura
- Have high blood pressure
- Have a heart condition
- Smoke 15 or more cigarettes a day and are 35 or older
- Have ever had a complex organ transplant

Side effects and Risks

