



Nuva Ring



PLEASE SAVE FOR REFERENCE.

The NuvaRing contraceptive is a flexible, transparent ring that fits inside the vagina and contains both progestin and estrogen, the two hormones used in oral contraceptive pills. It is 2 inches in diameter, is soft and has no odor. The NuvaRing is a convenient, once-a-month method of birth control. No fitting is required. A woman places the ring anywhere in her vagina and leaves it in place for three weeks. During this time a continuous low dose of hormone is released into the woman's body. The ring is then removed for one week. A menstrual period will usually start 2 – 3 days after the ring has been removed. If used correctly the risk of pregnancy is less than 1 %.

THE NUVARING PREVENTS PREGNANCY, BUT DOES NOT PROTECT AGAINST HIV AND OTHER SEXUALLY TRANSMITTED DISEASES.

Most studies on combination contraceptives (estrogen and progestin) have looked at oral contraceptive pills. NuvaRing is expected to have the same risks and side effects that have been found with such oral contraceptives.

SIGNS AND SYMPTOMS OF POSSIBLE SERIOUS SIDE EFFECTS:

The serious side effects are similar to those from birth control pills and are related to blood clots, which can occur anywhere in your circulatory system. Heart attack, stroke, pulmonary embolism, and deep vein blood clots in your leg are SERIOUS side effects. These occur infrequently. The high-risk group are women who are over 35 years old, women who are obese and women who smoke cigarettes, but these side effects can happen to young women.

THE SYMPTOMS OF POSSIBLE SERIOUS SIDE EFFECT INCLUDE: "ACHES"

- A=severe abdominal pain
- C=severe chest pain, and shortness of breath
- H=severe headache
- E=eye problems (loss of vision, flashing lights, etc)
- S=severe pain in the calf or thigh

Severe pain anywhere should make you seek medical care. If you have any of these symptoms you should discontinue your combination contraceptive and contact **WOMEN'S HEALTH @ 862-1806**. When Health Services is closed, call 862-1530 and choose the option on the menu to talk to the nurse at the emergency room at Wentworth-Douglass Hospital, or call your own health care provider.

POSSIBLE NUISANCE SIDE EFFECTS INCLUDE, BUT ARE NOT LIMITED TO:

NAUSEA, BREAKTHROUGH BLEEDING, BREAST CHANGES

WEIGHT: A weight gain is not expected when you begin combination contraceptives, but may occur for some women. A gain of 10 lbs or more will require an appointment and possible method change. A gain or loss of 3-5 lbs. is not medically significant.

MOOD CHANGES: Feeling tired, minor headaches, or malaise (feeling "blah") can be minimized by taking Vitamin B6 (pyridoxine) 50-150mg every day. Try the B6 for 2 months to see if it will be effective. B6 is very inexpensive and is available at supermarkets, pharmacies and

health food stores. Excess is excreted in the urine, which will be bright yellow in color.

DEPRESSION: If you become depressed or depression increases with combination contraceptives, discuss with your provider (or another Women's Health staff member), as soon as possible.

OTHER NUISANCE SIDE EFFECTS: If you experience other nuisance side effects that do not go away after several cycles, call and make an appointment with your provider to discuss the problem.

Most NUISANCE side effects will disappear after 2-3 cycles of use. If you are experiencing NUISANCE side effects, do not stop using the NuvaRing, call us at 862-1806. If you are not at school, call your own health care provider, Planned Parenthood or a family planning clinic for advice. Please keep track of when in your cycle the side effects occur.

Always try the contraceptive prescribed for you for 2-3 cycles unless you are experiencing a sign or symptom of a SERIOUS side effect or you are experiencing a problem that you cannot tolerate for 2-3 cycles.

STARTING TO USE THE RING

IF YOU HAVE NOT USED ANY HORMONAL CONTRACEPTION IN THE PAST MONTH:

Counting the first day of your menstrual period as "day one", insert your first ring into the vagina between day 1 and day 5 of your menstrual period, at the latest on day 5, even if you have not finished bleeding. During this first cycle, use an extra method of birth control, such as condoms or spermicide for this entire cycle.

IF SWITCHING FROM AN ORAL CONTRACEPTIVE CONTAINING BOTH ESTROGEN AND PROGESTIN:

Insert the NuvaRing anytime during the first seven days after the last active (estrogen and progestin) tablet in your pill pack (this would be the 4th week in your pack) and no later than when you would have started a new pill cycle. No extra birth control method is needed.

IF SWITCHING FROM AN INJECTABLE CONTRACEPTIVE:

Insert the NuvaRing on the day when your injection is due. When switching from a progestin only injectable method, use an extra method of birth control, condoms or spermicide for the first seven days after inserting the ring.

Rarely, a ring may slip out of the vagina if it has not been inserted properly or while removing a tampon, moving your bowels or with severe constipation. If the ring slips out of the vagina and has been out less than 3 hours you are still protected from pregnancy. The ring can be rinsed with cool water (NOT HOT) and can be reinserted as soon as possible. If however, the ring has been out of the vagina for more than three hours, you may not be protected from pregnancy. You **MUST** use back-up contraception, such as male condoms or spermicide until the ring has been back in place for seven days in a row. If you lose the ring, insert a new ring and stay on the same schedule as you would have been on with the lost ring, following the above directions, depending on the time the ring has been out of the vagina.



Nuva Ring



IF NUVARING HAS BEEN IN THE VAGINA TOO LONG:

If the ring has been in the vagina for an extra week or less (4 weeks total or less), you are **STILL PROTECTED**, remove it and insert a new ring after a one-week, ring free week. If the ring has been in the vagina for **MORE THAN FOUR WEEKS**, you may not be adequately protected from pregnancy, and you must check to be sure you are not pregnant. Insert a new ring, abstain from sexual intercourse for **TEN** days, then do a pregnancy test (free at Health Services). If test is negative, proceed as previously instructed. If positive, call your provider. Call Women's Health with any questions.

While using the NuvaRing, do not use a diaphragm as a back up method of birth control. The ring may interfere with the correct placement and position of the diaphragm.

STORAGE:

NuvaRings can be stored in the refrigerator and expire on the date indicated on the outside of the foil pouch. Once taken out of refrigerator they can be stored at room temperature for only 4 months (or the package expiration date, if that comes first). Keep this in mind when buying for multiple months.

DISPOSAL:

Place the used ring in the recloseable foil pouch and dispose of it properly, out of reach of children and pets.

INSERT NUVARING AND LEAVE IN FOR 3 WEEKS

Insertion Day: _____

REMOVE NUVARING FOR 1 RING-FREE WEEK

Removal Day: _____

INSERT NEW NUVARING

Reinsertion Day: _____

SEE PACKAGE INSERT FOR DIAGRAM FOR INSERTION AND REMOVAL.

FOR YOUR INFORMATION:

- Combination contraceptives are a medication and all of your health care providers need to know that you are on them.
- Some drugs/medications may interfere with the effectiveness of your contraceptives. Always ask your health care provider and or your pharmacist about medications that you are taking. There are no known non-prescription medications that affect combination contraceptives. There is some thought that St. John's Wort may cause oral contraceptives to be less effective. This could also be true of the NuvaRing.
- Always check the expiration date on your packaging. The expiration date refers to the end of the month listed. Refrigerate rings if not using within 4 months.
- Most women can be on the combination contraceptives indefinitely.
- There is no need to take rest periods or breaks from combination

contraceptives unless advised by your health care provider.

- Combination contraceptives do not cause infertility.
- A woman's annual health exam is the same as a "physical."
- If you have any doubt you're "protected" from pregnancy, assume that you are not protected, abstain or use back up contraception and call for advice.

REMEMBER THAT COMBINATION CONTRACEPTIVES DO NOT PROTECT YOU FROM SEXUALLY TRANSMITTED DISEASES. ONLY CONDOMS CAN HELP PROTECT YOU FROM SOME SEXUALLY TRANSMITTED DISEASES.

If you are having difficulty adjusting to the NuvaRing, please contact your own health care provider or us. If you decide to discontinue the ring, please make an appointment to discuss an alternative method of birth control. Try to continue with your current method until your appointment.

ECPS' (MORNING AFTER PILLS) ARE AVAILABLE AT HEALTH SERVICES WHENEVER HEALTH SERVICES IS OPEN. ECP CAN BE TAKEN UP TO 5 DAYS. STATISTICS ARE MUCH BETTER IF TAKEN WITHIN 24 HOURS. PLEASE CALL AND BE SEEN AS SOON AS POSSIBLE. REMEMBER, HEALTH SERVICES IS OPEN ON WEEKENDS 12-4. CALL (603) 862-1806 TO SCHEDULE AN APPOINTMENT.

_____ NuvaRings have been ordered in the Health Services pharmacy for you now. Before you can purchase more you will need an appointment for a "Contraceptives Follow Up." At that time you will have a blood pressure check, your weight checked and discuss with your health care provider any concerns you may have. You will have enough rings ordered then to last until your next annual exam. You can then go directly to the pharmacy to purchase them without an appointment. Your next annual physical exam will be due _____, and at that time your prescription will be renewed for the next year.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE FEEL FREE TO CALL WOMEN'S HEALTH AND SPEAK WITH A MEMBER OF OUR TEAM AT (603) 862-1806. PHARMACY REFILLS (603) 862-1094

NOTE: The Pharmacy is NOT open during breaks and the summer. Plan your purchases to cover those time periods. Always count the number of weeks you'll be gone, not the months, and buy enough rings to cover them, plus one extra.



HEALTH SERVICES

(603)862-2856 (during hours of operation)|(603) 862-1530 (after hours)

www.unh.edu/health-services