

Adolescent-Young Adult Medicine

14 East 90th St. 1B New York, NY 10128

Tel 212-987-1414 Fax 212-987-1518

www.ayam-nyc.com

The Nuva Ring

Last menstrual period _____ Follow-up visit _____

- Insert the Nuva Ring on the first Sunday after your next menstrual period begins, or on the same day if your period starts on a Sunday.
- The Nuva Ring should be folded and then inserted into the vagina. If there is any discomfort, push the Ring in further with your finger.
- Leave the Ring in place for a full three weeks. After three weeks, on Sunday, remove the Ring by inserting your finger into your vagina, hooking it under the rim of the Ring, and pulling down and slightly forward. During the week after removal, you will likely get your period (when there is no Ring in place).
- **Check your Ring every day to make sure it is still in place.**
The Ring is unlikely to fall out, although certain situations like straining to have a stool or sexual intercourse may dislodge the Ring.
If the Ring slips out, you will still be protected from getting pregnant. Rinse the Ring with cool water and reinsert it immediately.
- **YOU SHOULD NOT CONSIDER YOURSELF PROTECTED IF:**
 1. the Ring is out for more than 3 hours
 2. the Ring is left in place for more than 4 weeks
 3. you are more than one day late inserting a new Ring after the week with no Ring in place

IN THESE CIRCUMSTANCES YOU SHOULD USE A CONDOM
(which you should be doing anyway!) OR ABSTAIN FROM INTERCOURSE UNTIL THE
RING HAS BEEN IN PLACE FOR ONE FULL WEEK.

- Side effects of the Ring are similar to the birth control PILL. Most commonly you may experience mild nausea, headache, breast tenderness, change in mood or spotting or bleeding during mid-cycle and the Ring is in place. If these or similar symptoms occur, PLEASE CALL US TO DISCUSS YOUR CONCERN BUT DO NOT REMOVE THE RING.
- If you experience a SERIOUS physical symptom such as swelling or pain in your legs, severe headache, visual disturbance, abdominal or chest pain or shortness of breath, then CALL US IMMEDIATELY OR GO TO THE MOUNT SINAI (or nearest) EMERGENCY ROOM. Not all physical symptoms you may experience will be related to the Ring, but do get help quickly if you feel VERY sick.
- Your menstrual period will most likely be shorter, lighter, and less painful with the Ring. There are other positive benefits to the Ring that we will discuss with you.
- THIS OUTLINE CONTAINS ONLY AN ABBREVIATED LIST OF INSTRUCTIONS ABOUT THE RING. PLEASE BE SURE TO ALSO READ THE BOOKLET PACKAGED WITH THE RING. THE RING DOES NOT PROTECT AGAINST SEXUALLY TRANSMITTED INFECTIONS AND SHOULD BE USED WITH A CONDOM FOR THIS PURPOSE.