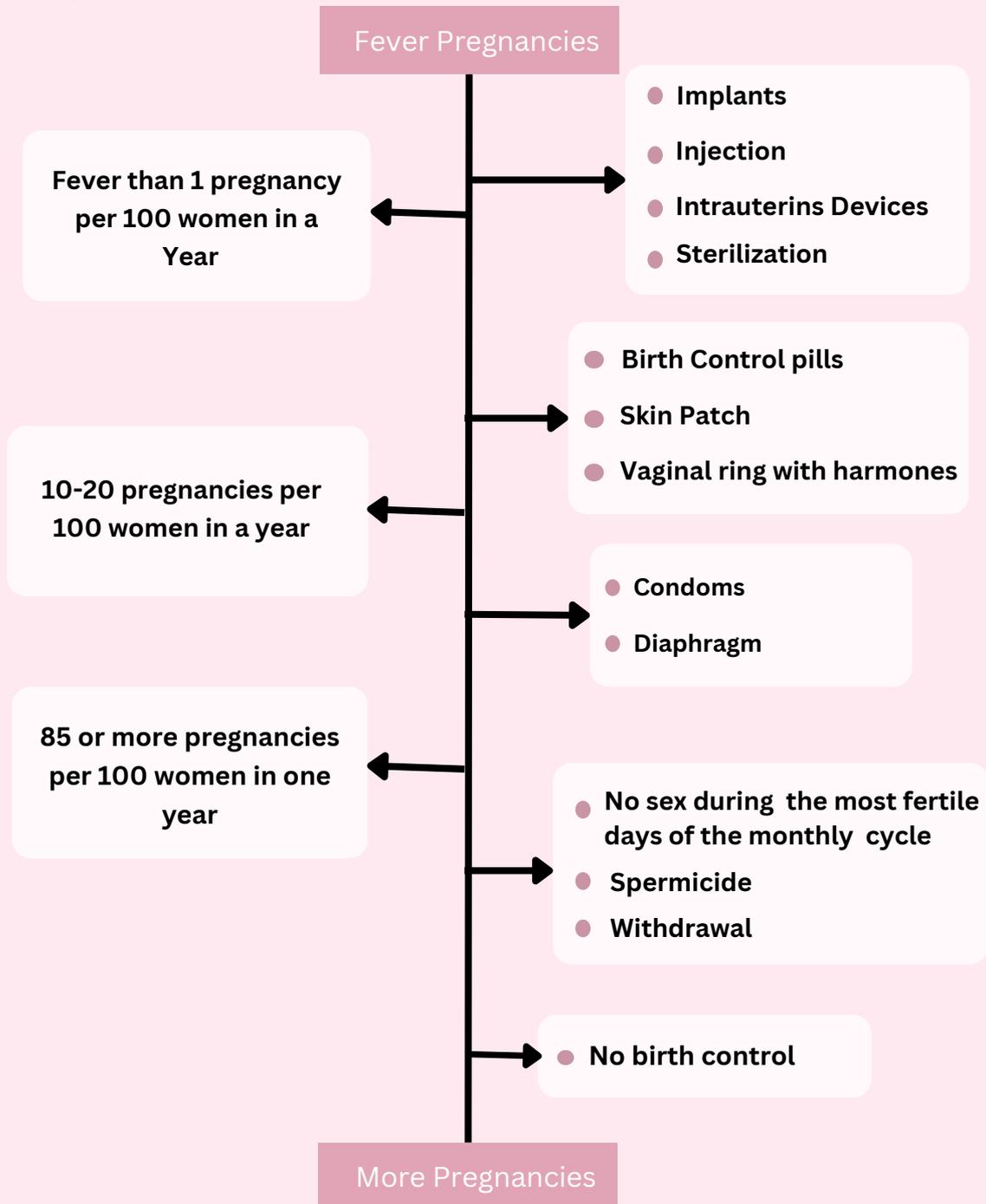
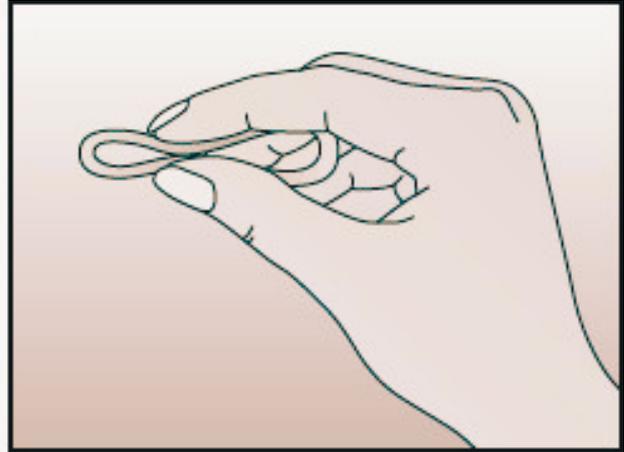
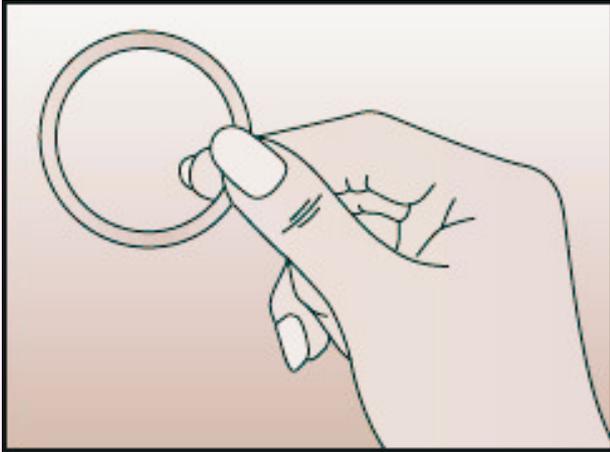


## WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT NUVARING?

NuvaRing is a hormonal birth control ring you place inside the vagina to prevent a pregnancy. It contains two types of synthetic hormones estrogen and progestin. These female hormones suppress ovulation, make the endometrial lining thin so that implantation does not happen, and make the sperm difficult to reach the uterus, thus, restricting the possibility of fertilization. The active ingredients are etonogestrel and ethinyl estradiol. Let us learn more about NuvaRing and how to use it, the benefits, the do's and don'ts, precautions, side effects, storage, and other information.





## How Should I Use NuvaRing?

Use NuvaRing in a 4-week cycle, with the birth control ring inserted in the vagina for 3 weeks and then 1 week of ring-free time. So, the total use of the ring inside the vagina is for 21 days. Here are some usage indications:

- Lay down, squat, stand with a leg above or spread to insert the NuvaRing inside the vagina, after washing the hands properly and drying it. Take the vaginal ring out of the pouch and squeeze its edges while pushing it into the vagina.

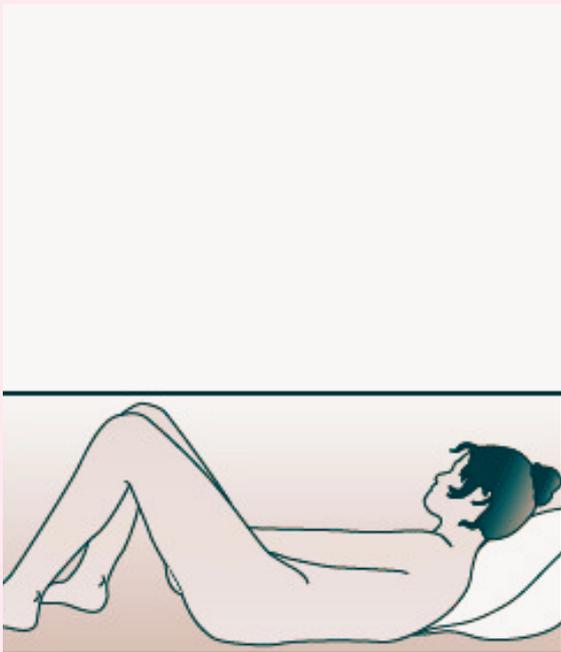


Figure A

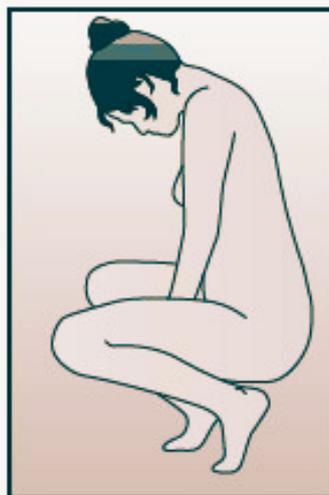


Figure B



Figure C

- You may not feel the ring inside you in many instances, and that is normal. However, to double-check if the ring is still in there, you must check for it, especially after intercourse, bowel movements, etc.



- In the period when you are free of the hormonal ring, you will experience withdrawal bleeding. Start with the new NuvaRing on the same day of the week as you did for the previous contraceptive ring.
- Do not use a female barrier method like a female condom/cervical cap/etc. in case you do not insert the ring at the proper time.
- Use a male condom with a spermicide instead for the initial 7 days. You can use tampons while on NuvaRing, and also during intercourse.

## **What Should I Tell My Healthcare Provider?**

You must let your healthcare provider know if you have been using over-the-counter medicines, herbal products, herbal and vitamin supplements, etc. Some medicines may not go well with hormonal birth control products and these include

- Certain anti-seizure medicines like lamotrigine, barbiturates, carbamazepine, felbamate, oxcarbazepine, phenytoin, rufinamide and topiramate
- Itraconazole, ketoconazole, voriconazole, fluconazole, clarithromycin, erythromycin, and diltiazem
- Certain Hepatitis C (HCV) medicines like boceprevir and telaprevir, ascorbic acid (vitamin C), grapefruit juice, non-nucleoside reverse transcriptase inhibitors like etravirine
- The pain reliever acetaminophen, medicine to treat fungal infections (griseofulvin), medicine to treat high blood pressure in the vessels of the lung (bosentan)
- Non-nucleoside reverse transcriptase inhibitors like efavirenz and nevirapine
- Medicine to treat tuberculosis like rifampicin and rifabutin, to treat chemotherapy-induced nausea and vomiting (aprepitant), to lower cholesterol like atorvastatin and rosuvastatin
- Certain combinations of HIV medicine like nelfinavir, ritonavir, darunavir/ritonavir, amprenavir/ritonavir, lopinavir/ritonavir, and tipranavir/ritonavir



## **Common Side Effects of NuvaRing**

Mood changes, vaginal tissue irritation, headache, nausea, vaginal discharge, vomiting, vaginal discomfort, weight gain, tenderness and pain in the breast, abdominal pain, low libido, painful menstrual periods, light bleeding between cycles, etc. These are temporary and gradually disappear once the body is used to the hormone dosage. If any of these effects persist after 3 months, or you notice any unusual outcomes, seek medical attention at the soonest.

## **Contraindications to NuvaRing**

Before you use NuvaRing, understand if you have any medical conditions or circumstances, which make it unsafe to use the birth control ring. Some contraindications are mentioned below:

- Recently had a miscarriage, baby, or abortion, are breastfeeding
- Are allergic to the contents of NuvaRing birth control vaginal ring
- Have breast nodules, abnormal breast X-ray, fibrocystic disease, history of toxic shock syndrome
- Suspect a pregnancy or are pregnant, have/had diseases related to the kidney/heart/liver/gallbladder, and/or history of jaundice
- Have difficulty breathing or swallowing known as anaphylaxis and/or angioedema
- Scheduled for surgery soon, suffer from seizures or headaches like migraines, with blood clots disease

## **What to Do If NuvaRing Stays Outside for Long?**

If NuvaRing stays inside for more than the anticipated time i.e. 4 weeks or 28 days, the protection against pregnancy will cease to exist. It is advisable to remove the vaginal ring and ensure you have not conceived and begin with a new NuvaRing thereafter only. Also, for added security measures, use a male condom with spermicide during this duration.

security measures, use a male condom with spermicide during this duration.

If you miss your period and NuvaRing has been out of the vagina for more than 3 hours, you may need a backup barrier contraceptive after inserting the new NuvaRing, if you wish to conceive, stop using NuvaRing and you do not need any additional steps to perform here.



## Steps to Take if NuvaRing Gets Expelled from Vagina

NuvaRing may slip out of the vagina during bowel movements, sexual intercourse, use of tampons, etc. Here is what to do next:

- If the birth control ring breaks, stop using it. If the product gets out when removing a tampon, wash NuvaRing with cool to lukewarm water before reinserting it in the vagina, immediately.
- Do this, if NuvaRing has been less than 3 hours outside, but not otherwise. For the first two weeks, use a male condom with spermicide.
- Insert a new birth control vaginal ring from day 21. At this stage, you may encounter light vaginal bleeding or spotting.
- However, if the contraceptive ring has been out for a long time, then get a pregnancy test done to understand if you are pregnant.

## When Not to Use NuvaRing?

In certain situations, you should avoid using the flexible birth control vaginal ring, and the reasons include:

- Have blood clotting and bleeding disorders, had a heart attack, uncontrolled high blood pressure
- Have or had blood clots in eyes, lungs, legs, and arms
- If you smoke and are over 35 years of age
- Heart rhythm problems, blood vessel damage, using concurrent other hormonal birth control methods
- Suffer from headaches with numbness, aura, vision changes, weakness, or migraines

## Storage Tips for NuvaRing

Keep unused NuvaRing at room temperature between 68°F to 77°F (20°C to 25°C) for at least four months. Avoid direct sunlight, storing at temperatures over 86°F (30°C). Always store the birth control vaginal ring in reusable foil and even when you throw it away in household trash (do not flush it down the toilet), put it back in this foil before throwing the pack out of pets' and children's reach.