



## **NuvaRing Birth Control – How It Works, Composition, Contraindications**

NuvaRing is an estrogen and progestin combination hormonal contraceptive (CHC). It is a vaginal ring, which you have to insert in the vagina and keep inside for three weeks. Remove the product for one week, wherein you may experience withdrawal bleeding. The composition of NuvaRing includes - 11.7 mg etonogestrel and 2.7 mg ethinyl estradiol, releasing an average of 0.12 mg/day of etonogestrel and 0.015 mg/day of ethinyl estradiol.

Start with a new NuvaRing from the fifth week. Apart from stopping the ovaries from releasing mature eggs (ovulation), it also alters the cervical mucus thickness and makes it difficult for the sperm to enter the uterus. NuvaRing also makes the endometrium thinner so that implantation is unsuccessful.

### **NuvaRing Contraindications:**

- Some cases where you must not use NuvaRing are:
- Liver disease, liver tumors, breast cancer, undiagnosed uterine bleeding
- Hypersensitivity, angioedema, or anaphylaxis to NuvaRing ingredients
- If you are pregnant or suspect a pregnancy, missed a period, and are unsure why
- Administration of Hepatitis C medications concurrently, and using combinations such as ombitasvir/paritaprevir/ritonavir, with or without dasabuvir

### **How to Use NuvaRing – Birth Control Ring Insertion & Removal**

You need to insert one NuvaRing in the vagina. Do not remove the ring unless three weeks are over and you start the fourth week. Take the ring out gently and dispose of it. In the absence of NuvaRing in the vagina, you will start experiencing vaginal bleeding. Insert a new vaginal ring the same way as before and repeat the entire process.

### **Position to Insert NuvaRing:**

- Stand with one leg up and place the contraceptive ring with your fingers inside the vagina
- Lay down on a comfortable surface and expand your leg to reveal the vagina so that it is easier to insert the birth control ring into the vagina
- Or, you may squat and let in the NuvaRing after pinching its edges together.

NuvaRing does not have to be in a certain position for it to work effectively. Once inside the vagina, it starts releasing the hormones to prevent a pregnancy. Do not push the birth control ring too deep at the same time, and do not keep it near the exit of the vagina so that the product easily comes off.



## Removing NuvaRing:

- At the start of the fourth week, remove the NuvaRing by hooking your index finger under it and grasping the rim between the middle finger and the index
- Now pull out the contraceptive ring carefully and place it in the product's foil pouch
- Dispose in a way that the product is not reachable to children or anyone

Following a week's break, as you start the fifth week, insert NuvaRing on the same day of the week as previously whether still bleeding or not. Do not leave old NuvaRing inside for too long.

## When and How to Begin with NuvaRing?

Here are guidelines about starting with NuvaRing under different consequences:

- **Menstrual Cycle:** Insert the NuvaRing on the first day of menstrual bleeding or you can begin on days 2 to 5 of the menstrual cycle. However, in the latter case, you may have to use a male condom with spermicide for the initial 7 days or abstain from unprotected intercourse during this period.
- **Changing from a Progestin-Only Method:** If you start with NuvaRing after exiting the use of a progestin-only method such as an injection, intrauterine system, or implant, then use a male condom every time you get intimate until using the vaginal birth control ring. Begin with a contraceptive ring on the same day of the intrauterine system's removal, on the day after you take the last progestin-only pill, or on the day when the next shot (injection) is supposed to be taken.
- **Switching from a CHC:** If you are switching from another hormonal contraceptive, begin with NuvaRing after a day of staying off the vaginal birth control ring. This is expected from the typical use of CHC before, considering there is no pregnancy and that the previous hormonal birth control was used as indicated by the healthcare provider.
- **Following Childbirth:** Do not start with NuvaRing until four weeks have passed after the childbirth. Use a male condom with a spermicide for the first 7 days. Do not begin with this contraceptive ring if you are breastfeeding.
- **After a Miscarriage or Abortion:** Following a miscarriage or first-trimester abortion, begin with NuvaRing in the first five days if you do not wish to use a condom. If you start with the product after this period, you may have to use a non hormonal contraceptive. Wait for at least four weeks to pass and only then begin with NuvaRing if you have encountered a second-trimester miscarriage or abortion.



## **Possible Interactions**

Herbal products containing certain enzymes may reduce the efficacy of NuvaRing. Thus, let your healthcare provider know if you are using any herbal supplements, medicines, substances, etc. to understand the risk of interaction. Some medicines to avoid with NuvaRing are phenytoin, barbiturates, carbamazepine, bosentan, ascorbic acid, acetaminophen, felbamate, griseofulvin, oxcarbazepine, rifampicin, topiramate, rifabutin, rufinamide, aprepitant, non-nucleoside reverse transcriptase inhibitors, etc. Restrict the use of CYP3A4 inhibitors such as itraconazole, voriconazole, fluconazole, grapefruit juice, or ketoconazole.