|  |  |  |
| --- | --- | --- |
| **Highlights:**   * A small ring you put in your vagina that prevents pregnancy      * Safe, effective, and convenient * Each Ring works for up to 4 weeks   **Remember:**   * Does not prevent HIV or other sexually transmitted infections (STIs). Protect yourself and others by also using condoms. * If you are late putting in a new Ring or it slips out, use condoms for at least 7 days and take emergency contraception (EC) up to 5 days after sex to prevent pregnancy. | **Fact Sheet:**  **Birth Control Ring**  **(NuvaRing®, “The Ring”)** | MRN:  Name:  D.O.B.: |
| **What is the birth control ring?** | |
| The birth control ring (“the Ring”) is a small plastic ring a woman inserts into her vagina. It contains hormones that stop the ovaries from releasing an egg. You can't get pregnant if an egg is not released.  Each Ring works for up to 4 weeks. The Ring stays in the vagina for 3 weeks and is removed for the 4th week (3 weeks in, 1 week out). You need to insert a new Ring every 4 weeks to be protected against pregnancy.  If you stop using the Ring, you may be able to become pregnant right away. It has no effect on your ability to become pregnant in the future. | |
| **How do you use the Ring?** | |
| Pinch the sides of the Ring together and gently push the folded Ring into your vagina. You can put the Ring in while lying down, squatting, or standing. If you can feel the Ring in your vagina, try pushing it deeper until it feels comfortable. The muscles of your vagina should hold it in place.  After you start using the Ring, use condoms or do not have vaginal sex for at least the first 7 days. If you don’t use a condom or it breaks, seek emergency contraception (EC).  Leave the ring in for 3 weeks (21 days), even if you aren't having sex.  After using the Ring for three weeks, remove the ring on the day of the week you put it in (if you inserted it on a Monday, take it out on Monday). To remove it, hook your finger under the Ring and pull. You will still be protected against pregnancy during the Ring-free week. Most women get their periods during the Ring-free week, but it’s OK if you don’t. If you do not get a period during the pill-free weeks for several months in a row come to the clinic for evaluation.  After 7 Ring-free days (28 days after putting in the Ring), insert a new one, even if you still have your period. | |
| **What are the benefits of using the Ring?** | |
| It is effective. No method of birth control is 100% effective, but the Ring is 99% effective if used correctly. If you forget to insert your Ring or it falls out, it will be less effective.  Your periods may be less painful, more regular, and lighter.  You may have clearer skin after a few months on the Ring.  The Ring may stop ovarian cysts from forming. | |
| **What are the possible disadvantages of using the Ring?** | |
| You may have nausea, spotting (bleeding between periods), minor weight changes, and/or breast pain or tenderness. These effects usually go away 2-3 months after starting the Ring. | |
| **Important! Learn these warning signs.** | |
| Although serious problems from using the Ring are very rare, there are warning signs of more serious problems that need to be checked right away. Call or come to the clinic immediately if you experience any of these signs. If the clinic is not open, go to the nearest emergency room.   * **A**bdominal Pain * **C**hest Pain * **H**eadaches (severe) * **E**ye Problems (such as loss of vision or blurry vision) * **S**evere Leg Pain or Swelling | |
| **What if I forget to put the Ring in/take it out or what if the Ring slips out?** | |
| **If it slipped out or should have been replaced in the last 48 hours (2 days)🡪** Insert the Ring as soon as possible. Keep the Ring in until the scheduled removal day. No back-up method is needed.  **If it has been 48 hours (2 days) or more since it slipped out or should have been replaced🡪** Insert the Ring as soon as possible. Keep the Ring in until the scheduled removal day. Use condoms or do not have vaginal sex for the next 7 days and take emergency contraception (EC) if you had sex without the Ring in the previous 5 days. | |
| **Patient Acknowledgment:** I have read this fact sheet and understand the information given to me about the Ring (NuvaRing®). I understand that I will need a pregnancy test today before receiving the Ring I understand it is my responsibility to follow the instructions on this fact sheet. No guarantee has been made to me as to the results of using the Ring. I understand that neither the provider nor the school clinic are in any way responsible should I become pregnant. If I do not get my period within 1 month of starting the ring, I will come back for a pregnancy test. I have been given the chance to ask questions about birth control and the Ring in particular. My questions have been answered to my satisfaction.  Patient Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_/ \_\_\_\_\_/ \_\_\_\_\_ *Updated 3/2017* | | |