



# Your Guide to Birth Control: The Ring

The ring is a flexible, combined contraception vaginal ring used to prevent pregnancy. In order for the ring to prevent pregnancy, you must follow the instructions and change your ring on time.

### How the Ring Works:

Two hormones, estrogen and progestin, are released from the ring at a low continuous dose into the body. They prevent pregnancy by thickening the mucus in the cervix which prevents the sperm from travelling into the uterus. They also thin the lining of the uterus, which makes it difficult for a fertilized egg to attach to the uterus. Lastly, they stop the ovaries from releasing an egg each month (ovulation).

### What to do During the Month:

The ring is inserted in the vagina and left there for 3 weeks. You then remove it for a 1 week free period. Set an alarm on your phone or make note on a calendar to help you remember to take out the ring, and when to put in a new ring. \*It's important to keep wearing the ring even if you're having spotting or bleeding or if you have nausea. Talk with your provider if these side effects are concerning you.

\*Be sure to wash your hands BEFORE inserting a new ring, and RINSE a nuvaring that came out with warm water (not hot water) BEFORE inserting it.

-If your ring comes out during sex for less than 3hrs:  
- Rinse the ring and reinsert the ring.

-If your ring comes out during sex for more than 3hrs:  
- During week 1&2: Reinsert the ring and use back up method for 7 days.  
- During week 3: Throw ring away and use backup until new ring has been in for 7 days. You can insert new ring right away or within 7 days.

- If you leave your ring in too long:  
  
-If you leave in for up to 4 weeks, you will still get pregnancy protection. Remove your old ring for 7 days, then put in a new ring.  
  
- If you leave in for more than four weeks, remove the ring and make sure you're not pregnant. If you are not pregnant, put in a new ring and use backup method (condom) for 7 days.

- If the ring breaks inside of you:  
- if the broken ring stays in you, the ring is still preventing pregnancy.  
- if the broken ring falls out, insert a new ring.

- Pay attention when you are removing a tampon:  
- insert the ring before the tampon.

\*It is okay to remove the ring for up to 2 hours during sex.

If you get confused (CAUSE LET'S BE HONEST, THIS IS A LOT) just to be sure to use a back-up method (condoms) and you can call us or email your provider about what to do.