

Skidmore College Health Services

Read this before starting the NuvaRing:

1. Insert one NuvaRing in the vagina and **keep it in place for 3 weeks in a row.**
2. After the 3 weeks, remove the ring. Your menstrual period will usually start 2 to 3 days after the ring is removed and may not have finished before the next ring needs to be inserted.
3. You can remove NuvaRing by hooking the index finger under the forward rim or by holding the rim between the index and middle finger and pulling it out. Place the used ring in the foil pouch and properly dispose of it in a waste receptacle out of reach of children and pets. Do not throw in the toilet.
4. After a 1-week ring-free break, insert a new ring on the same day of the week as it was inserted in the last cycle. For example, if NuvaRing was inserted on a Sunday at about 10:00 pm, after the 1-week break you should insert a new ring on a Sunday at about 10:00 pm. **To continue to have pregnancy protection, you must insert the new ring 1 week after the last one was removed, even if your menstrual period has not stopped.**
5. **If you did not use a hormonal contraceptive (birth control pill) in the past month-** Count the first day of your menstrual period as “Day 1”, insert your first NuvaRing between Day 1 and Day 5 of the cycle, but at the latest on Day 5, even if you have not finished bleeding. During this first cycle, use an extra method of birth control, such as male condoms or spermicide, for the first 7 days of ring use.
6. **If you are switching from a combination oral contraceptive (birth control pill containing both progestin and estrogen)-** Insert NuvaRing anytime during the first 7 days after the last combined oral contraceptive tablet and no later than the day when you have started a new pill cycle. No extra birth control is needed.
7. **If you are switching from a progestin-only contraceptive (mini-pill, implant, injection, or IUD) or you have recently had a first trimester abortion or miscarriage-** Talk to your health care provider about when to start.
8. Rarely, NuvaRing can slip out of the vagina if it has not been inserted properly, while removing a tampon, moving the bowels, straining, or with severe constipation. If NuvaRing slips out of the vagina **and it has been less than 3 hours**, you should still be protected from pregnancy. NuvaRing can be rinsed with cool to lukewarm water (not hot) and should be reinserted as soon as possible, and at the latest within 3 hours. If you have lost NuvaRing, you must insert a new ring and use it on the same schedule as you would have used the lost ring. If NuvaRing has been out of the vagina for more than 3 hours, you may not be adequately protected from pregnancy. You **must** use an extra method of birth control, such as male condoms or spermicide, until the new NuvaRing has been in place for **7 days in a row**. If NuvaRing slips out repeatedly, you should consult with your health care provider.
9. **If NuvaRing is in your vagina too long-** If NuvaRing has been left in your vagina for an extra week or less (up to 4 weeks total), remove it and reinsert a new ring after a 1-week ring-free break. If NuvaRing has been in place for more than 4 weeks, you may not be adequately protected from pregnancy and you must check to be sure you are not pregnant. You must use an extra method of birth control, such as male condoms or spermicide, until the NuvaRing has been in place for 7 days in a row.
10. **If you miss a menstrual period-** You must check to be sure that you are not pregnant especially if:
 - you miss a period and NuvaRing was out of your vagina for more than 3 hours during the 3 weeks of ring use.
 - you miss a period and you have waited longer than 1 week to insert a new ring
 - you have followed the instructions and you miss 2 periods in a row
 - you have left NuvaRing in place for longer than 4 weeks.
11. Learn the Danger Signals of the ring (ACHES) and call Skidmore Health Services at extension 5550 if you develop any of the following:
 - Abdominal pain (**severe**)
 - Chest pain (**severe**) or shortness of breath
 - Headaches (**severe**)
 - Eye problems: blurred vision, flashing lights, blindness
 - Severe leg pain (calf or thigh)
12. Make an appointment to return to Health Services after the first 3 months of ring use for a short talk.
13. Read the package insert that comes with the ring.