

VAGINAL RING

(Based on Managing Contraception Pocket Guide, 2019-2020)

Effectiveness: 99.7% with perfect use; 91.0% with typical use

Mechanism: NuvaRing® and Annovera® uses estrogen to prevent pregnancy

Advantages/Benefits:

- Decreased fear of pregnancy may increase pleasure from intercourse
- Unlike pills, the ring maintains a steady release of hormones
- 85% of women and 71% of their partners report they cannot feel it
- Only 2 tasks for ring users to remember: insertion and removal once a month so compliance may be easier
- Private – no visible patch or pill packages. Particularly helpful for some teens
- Little weight gain associated with ring use

Disadvantages/Risks:

- Not a good option for women who are hesitant about touching their genitalia (reproductive organs) or who have difficulty inserting or removing ring
- Withdrawal bleeding continued beyond the ring free interval in about ¼ (25%) of cycles
- Ring can be accidentally pulled out by a tampon
- Other side effects: headache, nausea, weight increase, painful periods, depression, vaginal discharge, vaginal discomfort and vaginal infection
- Women who have pronounced pelvic relaxation (weakening) may not be a good option

Instructions:

- Review this sheet carefully and report any questions or concerns to your health care provider
- Insert initial ring high in the vagina sometimes during the first 5 days of a normal period and backup for 7 days is recommended
- Remove at the end of three weeks and have a period
- Recommended the ring should **not** be removed during intercourse. If it must be, (some women or men may feel discomfort from the ring during intercourse) however, it should be replaced within 3 hours. Should not be removed longer than 3 hours a day
- Keep two rings on hand, in case one is lost
- Avoid douching with ring in place. Douching is not recommended for any woman
- Rings may be stored at room temperature avoiding extreme heat for up to 4 months. If have more than a 4-month supply, may be stored in a refrigerator
- A ring that falls into the toilet does float! It can be washed with soap/water and reinserted
- If the ring is left in place longer than 3 weeks, the user is still protected from pregnancy for up to 35 days by the same ring (this allows your provider flexibility in how often they tell you the ring must be replaced)
- Dispose of ring with solid waste, preferably in a sealed plastic bag to minimize leakage into waste site

Vaginal Ring

(continued)

Report the following problems:

- Abdominal pain (severe)
- Chest pain (severe), cough, shortness of breath or sharp pain when breathing in
- Headache (severe), dizziness, weakness, or numbness, especially if one sided
- Eye problems (vision loss or blurring), speech problems
- Severe leg pain (calf or thigh)

Annovera® is a recently approved vaginal contraceptive ring that last for up to 12 months. It a flexible ring that is slightly thicker than the NuvaRing®. The ring is placed into the vagina for 21 days, removed and washed, and stored for 7 days. The same ring is replaced into the vagina and the cycle of 21 days in and 7 days out is repeated. This can be repeated up to 12 times or one year. The device does not require refrigeration.

At the time of this update, there is not a typical-use failure rate for Annovera.