

Engelska

NUVARING[®] 
(etonogestrel/etinylestradiol)

One contraceptive ring a month

NuvaRing® (etonogestrel/ethinyl estradiol) is a soft plastic ring that you insert into the vagina yourself and leave there for three weeks. During this period NuvaRing releases a low, uniform dose of hormones which is absorbed by the body through the mucous membrane of the vagina.

Why a contraceptive in the vagina?

There are several reasons why the vagina is a good place for a long-term contraceptive. The mucous membrane absorbs the substances and carries them directly into the blood.

If you use tampons you already know that you can have them in the vagina without any discomfort. The opening and outer part of the vagina has many sensory nerves but the inner part is relatively insensitive. The elastic walls of the vagina and the muscles around the opening ensure that contraceptive ring will remain there until you choose to remove it.

The smart thing about the NuvaRing!

- **Good if you are forgetful!** You needn't remember to take an oral contraceptive every a day.
- **You insert and remove your contraceptive yourself.** Other contraceptives that act over a long period require a doctor or midwife to insert and remove them.
- **Reliable protection.** NuvaRing gives the same protection against becoming pregnant as oral contraceptives, but has an extra advantage: with the contraceptive ring you can be sure that it will protect you even if you become ill with diarrhoea or vomiting.
- **The risk of bleeding between periods is low,** since the dose of hormones is uniform. With oral contraceptives the hormone levels vary throughout the day depending on how long ago you took your pill. Furthermore, if you forget to take a pill the hormone levels fluctuate even more.
- **The hormone dose can be kept lower than with oral contraceptives.** The walls of the vagina are good at absorbing the hormones in the NuvaRing and since they enter the body without passing through the stomach and intestines, a lower dose than with combined oral contraceptives is sufficient.

This is how the NuvaRing protects you against becoming pregnant

The hormones in the NuvaRing function like this:

- You have no ovulation. This is because the signal from the brain that triggers ovulation does not arrive. Your ovaries thus rest when you use the NuvaRing.
- The secretion at the cervix, "the neck of the womb" becomes thick and viscous, which means that sperms have difficulty in penetrating.
- The mucous membrane in the womb does not prepare to receive an egg.

How regular is your menstruation?

Do you bleed between periods?

Ask your doctor or midwife for a calendar!

Who can use NuvaRing?

NuvaRing is a suitable contraceptive for women of fertile age. NuvaRing is particularly suitable if you don't want to worry about remembering to take a pill every day, or if you want your periods to be regular.

Who should not use NuvaRing?

Due to some diseases, or for other reasons, certain women should not use contraceptives that contain oestrogen, such as NuvaRing. If, for instance, you have an increased risk of thrombosis, suffer from diabetes which affects the blood circulation, have or have had a serious disease of the liver and the liver values have not yet become normal, or have inexplicable bleeding, you should not use NuvaRing. The same applies if you are allergic to any of the substances in NuvaRing. If you are unsure, talk to your midwife!

Questions and answers

How to use NuvaRing

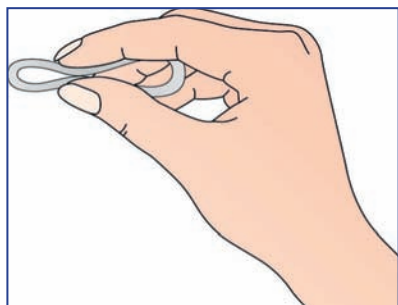
You insert NuvaRing into the vagina yourself. Let it stay there for three weeks. Take out the ring on the same day of the week and the same time as when you put it in. You then go seven days without NuvaRing before inserting a new one.

Example: If you insert NuvaRing on a Wednesday at 10 p.m. it should be removed at the same time on Wednesday three weeks later. You insert a new ring at the same time on Wednesday one week after you removed the previous ring. And so on. To make sure you change the ring at the right time, make use of our free text-messaging service to remind you! **Check out www.p-ring.nu!**

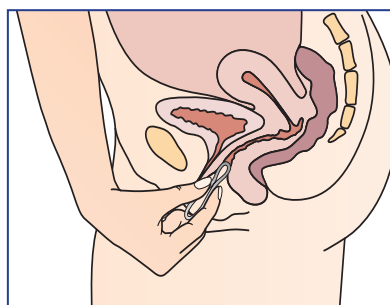
How do I insert and remove NuvaRing?

Using NuvaRing is no more complicated than using a tampon. Squeeze the ring together between thumb and forefinger. Insert it into the vagina and then push it further in with your forefinger until it feels comfortable. It doesn't matter exactly where or how it is positioned for it to work. It is impossible to insert NuvaRing too far and there is no risk of it getting stuck.

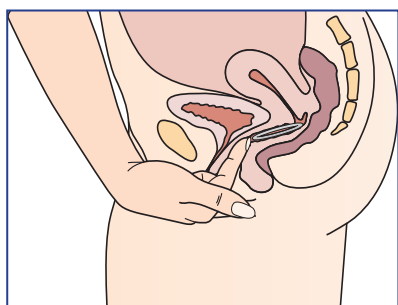
Removing NuvaRing is equally simple. Hook it out with your forefinger or grasp it between forefinger and long finger and pull it out.



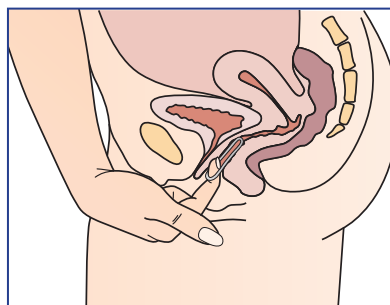
1. Squeeze NuvaRing between thumb and forefinger.



2. Insert the ring into the vagina.



3. Position the ring with your forefinger.



4. Remove the ring by hooking your forefinger around it and pulling.

When should I start using NuvaRing for the first time?

- *If you have not used a contraceptive containing hormones during the preceding menstruation cycle:*
Start using NuvaRing on day 1 of your natural menstruation cycle, i.e. on the first day of bleeding. You can also start between day 2 and 5, but in that case you should use supplementary protection such as a condom for the first 7 days.
- *If you are changing from a combined oral contraceptive:*
Start using NuvaRing at the latest the day after the usual 7-day break or the day after you took the last hormone-free pill of your previous type of pill. If you have used your previous type of pill correctly and without interruption, and are quite sure that you are not pregnant, you can change to the NuvaRing at any time in the cycle. The hormone-free period for the previous type of pill should never be longer than recommended.
- *If you are changing over from mini-pills:*
You can stop taking the mini-pills any day you like and start using NuvaRing the day after at the same time of day. Use extra protection, such as a condom, during the first 7 days.

Is NuvaRing reliable?

Yes. NuvaRing gives the same protection against pregnancy as modern oral contraceptives and the risk of becoming pregnant is less than 1 in 100 women, providing the instructions are followed.

What happens if I forget to take out NuvaRing in time?

You can forget to remove NuvaRing for up to one week without the effect diminishing. When you have removed it, go for 7 days without and then insert a new ring. If the ring has been in for more than a week too long, its protection against pregnancy may have been affected. In that case, make sure that you have not become pregnant before you start using the next ring.

What happens if I forget to put in a new ring?

If you have been without for longer than 7 days you should insert a new ring as soon as you remember. Use extra protection, such as a condom, for the following 7 days. If you had sex during the ring-free period, there is a risk of your having become pregnant. The longer you go without a ring, the greater the risk.

Will I feel the NuvaRing?

The vagina is sensitive around and just inside the opening but there are fewer sensory nerves further in. Some women feel NuvaRing. If you feel the ring, it is usually sufficient to push it slightly further into the vagina.

Will my partner feel the NuvaRing?

It is rather unusual for a woman's partner to feel NuvaRing during intercourse. It is even more unusual for it to be perceived as uncomfortable. A study revealed that 85 % of women and 71 % of their partners never or seldom felt the ring. 94 % of the men had no objection at all to NuvaRing.

Can NuvaRing slip out?

Very seldom. The ring is flexible and the elastic walls of the vagina hold it in place. The risk of this happening is greatest when you remove a tampon or if you strain too much. If NuvaRing does come out, just rinse it in warm water and insert it again. If you have been without the ring for more than three hours in twenty-four there is a risk that its protection will have deteriorated. In that case you need extra protection, such as a condom, for the next 7 days.

Does one go up in weight with NuvaRing?

As with all other contraceptives containing hormones there is a slight risk of certain women increasing in weight. This may be because their appetite increases or because the body retains more liquid. However, the risk is slight and not greater with NuvaRing than with other hormonal contraceptives.

Will NuvaRing cause intermediate bleeding?

All contraceptives containing hormones may give rise to intermediate bleeding. However, the risk is less with NuvaRing. One reason that oral contraceptives may cause intermediate bleeding is that the hormone levels in the body vary considerably over each 24-hour period; highest when you have just taken the pill and lowest when it is time for the next. You don't have these fluctuations with NuvaRing since the ring releases the hormones evenly day and night for three weeks. This means that the risk of intermediate bleeding is very slight.

How can I shift my periods NuvaRing?

You can shift your period by inserting a new ring immediately you have removed one, instead of having a week with no ring. After that you carry on using NuvaRing as usual. If you shift your period you may temporarily have intermediate bleeding.

How quickly can I become pregnant again after I stop using NuvaRing?

NuvaRing does not affect your chances of becoming pregnant later on. As study shows that ovulation generally commences again between 13 and 28 days after you have taken out the last ring. How quickly ovulation is resumed depends on your menstruation cycle before you started using NuvaRing.

How should I keep NuvaRing?

NuvaRing can be stored at room temperature for four months. If you need to keep unused rings for longer, place them in the fridge. Make sure you use the NuvaRing before its expiry date. Never keep NuvaRing at temperatures higher than 30 degrees!

What shall I do with used rings?

All waste containing hormones is damaging to the environment. You can put used rings in a plastic bag and hand them in at a pharmacy. Otherwise you can discard the ring with rubbish you know will be burned. Most important, never flush NuvaRing down the toilet!

What side effects may NuvaRing give?

Just like all other pharmaceuticals, NuvaRing may have side effects. NuvaRing contains both oestrogen and corpus luteus hormone – exactly like combined oral contraceptives – and therefore has substantially the same side effects, such as headache, vaginal discomfort, vaginal discharge, nausea, increased weight, tender breasts, reduced sexual desire or acne. A complete list of side effects can be found at www.fass.se. You can also talk to your midwife or doctor.

Does NuvaRing increase the risk of thrombosis?

Thrombosis is unusual. It is possible regardless of whether one uses hormones or not. Thrombosis is certainly a serious, but extremely unusual side effect of contraceptives that contain oestrogen. For combined oral contraceptives the risk is 2–4 cases per 10,000 users and year, compared with 1 case per 10,000 healthy women who do not take oral contraceptives and among pregnant women, 6 cases per 10,000 pregnancies.

NuvaRing gives lower doses of oestrogen than ordinary oral contraceptives, but it is not known today whether this reduces the risk of thrombosis or not. The risk with NuvaRing is therefore deemed the same as for combined oral contraceptives. No-one who has risk factors that might cause thrombosis should use either combined oral contraceptives or NuvaRing. Talk to your midwife or doctor about what the risk factors are.

