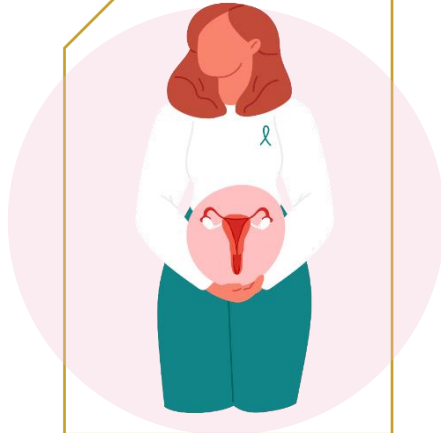




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Vaginal ring

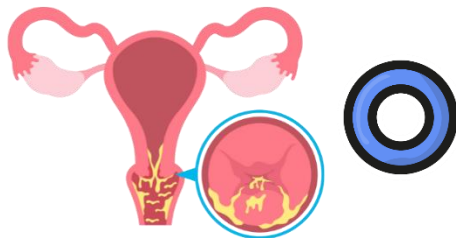


What is a vaginal ring?

A vaginal ring, such as NuvaRing, is a **hormonal contraceptive method** that consists of a flexible, transparent plastic ring that is inserted into the vagina for three weeks, then removed to allow for menstruation, and a new ring is inserted after a week.

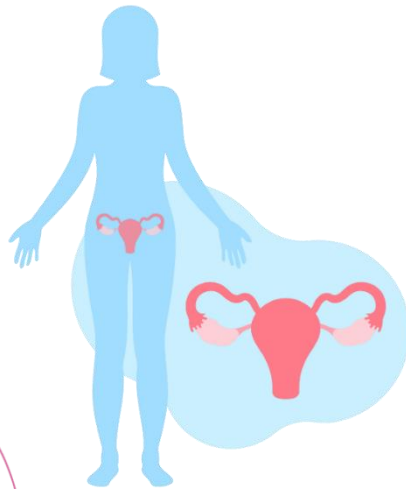
What are the benefits of using a vaginal ring?

- ✓ Being comfortable and easy to use.
- ✓ Not requiring daily pill reminders.
- ✓ Not causing weight gain.
- ✓ Delivering a lower amount of hormones throughout the body compared to some other types of birth control.



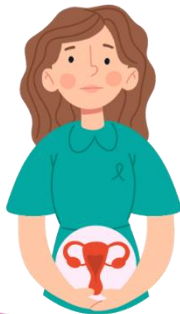
What are the possible side effects of using a vaginal ring?

- Bleeding.
- Vaginal inflammation or irritation.
- Increased vaginal discharge.
- Headache.
- Nausea.
- Depression.
- Low libido.



How is NuvaRing used?

1. You should first remove the ring from its aluminum pouch.
2. Find a comfortable position, such as standing with one leg raised, squatting, or lying on your back.
3. With one hand, separate your vaginal lips, and with the other hand, press the opposite sides of the ring between your thumb and index finger.
4. Gently push the ring deep into your vagina.
5. Keep the ring in place for three weeks



What are the conditions that healthcare providers do not recommend using NuvaRing?

- If you are breastfeeding.
- If you are over 35 years old and smoke.
- If you have an allergy to any of the ring's components.
- If you have diabetes with vascular complications.
- If you have a history of blood clots or high blood pressure.
- If you have a history of breast, uterine, or liver cancer.
- If you have a history of heart attacks or strokes



When should I consult my doctor about using NuvaRing?

You should consult your doctor about using NuvaRing if you are unable to remove the ring or if the ring has been outside of your vagina for more than three hours during the third week.

When should I change NuvaRing?

- You should change NuvaRing if it breaks, and you should dispose of it and use a new ring.
- If the ring has been outside of your vagina for more than three hours during the third week, you can start using a new ring immediately.





Sources and references:

[/https://www.canva.com](https://www.canva.com)

review and audit:

This booklet was reviewed by obstetricians and gynecologists consultants
at King Fahad University Hospital

obstetricians and gynecology Department

Health Awareness Unit

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