

## Important Information

### What is the NuvaRing and how does it work?

NuvaRing is a type of birth control in the form of a 2-inch, flexible, vaginal ring. When used correctly it is 99% effective.

The NuvaRing works by being placed in the vagina and left in for 4 weeks. During these four weeks, the ring releases two hormones: progesterone and estrogen. These two hormones work to help prevent pregnancy. After the fourth week, the NuvaRing is removed and another ring is inserted.

### How do I use the NuvaRing?

To insert the NuvaRing, first wash and dry your hands. Then, simply squeeze the NuvaRing between your index finger and thumb and gently insert the ring into your vagina.

The exact location of the ring is not important. If you can still feel the ring, simply push it up higher in your vagina.

Once it is in, mark the day you inserted it on your calendar, and mark the day that you need to remove it and insert another NuvaRing. (4 weeks from your insertion date).

### The first time you insert your NuvaRing, it will take 7 days before it starts working, so use condoms as a backup method for the first week

Once the NuvaRing has been left in for four weeks, remove it by simply inserting one finger into the vagina and pulling it out.

## NuvaRing danger signs

- Severe abdominal pain
- Severe headaches
- Severe leg or arm pain
- Blurred vision
- Severe chest pain or shortness of breath

These symptoms may be related to a stroke, heart attack or blood clot in a vein and should be evaluated.

**Call our clinic immediately or go to the emergency room if you have any of these symptoms.**



## Sexual Health Clinic Sites

If you have any questions or concerns, please call the clinic.

### Westminster office

1401 W 122<sup>nd</sup> Ave.  
Westminster, Co 80234  
**(303) 255-6222**

### North Broadway office

7000 North Broadway #400  
Denver, CO 80221  
**303-439-5980**

**For after-hours emergencies, call 911 or go to your nearest hospital.**

## Adams County Health Department

<https://adamscountyhealthdepartment.org/sexual-health>

"This brochure was developed (in part) with federal funds from the Office of Population Affairs grant."

# What You Should Know About Extended Cycling With NuvaRing



## Sexual Health Program



**ADAMS COUNTY**  
HEALTH DEPARTMENT

*Your Health. Our Mission.*

## Things to remember with extended cycling:

Extended cycling safely adjusts your period from every month to **every 3 months (4 times a year)**.

**In each cycle you will use 3 rings before you get a period.**

- For the 1<sup>st</sup> NuvaRing, you will use it for 4 weeks.
- At the end of 4 weeks, you will remove the first NuvaRing and then insert the next ring on the same day.
- You will remove a NuvaRing and insert another ring a total of 3 times or for a total of 12 weeks.
- 4 weeks after you insert your 3<sup>rd</sup> NuvaRing (at the end of the 12<sup>th</sup> week) you will remove the NuvaRing and not insert another ring. You should have your period during this next week
- After 1 week, you will start the extended cycling again with a new set of NuvaRings.
- It is normal to miss periods while using the NuvaRing. If you miss your period during your week without a NuvaRing, restart using the NuvaRings and call the clinic.
- It is usually best that you do not stop the NuvaRing in the middle of a cycle unless you are advised to do so by your health care provider.
- Do not give your NuvaRings to a friend. The prescription is for you and is prescribed to fit your medical history.

**Please call the clinic if You have any questions**

## When you first begin using NuvaRing:

- Use a back-up method of birth control until you have finished the first week (7 days) of the ring
- For 2 to 3 months after starting the NuvaRing, you may notice the following symptoms while your body adjusts to the hormones in the NuvaRing: Breast tenderness, spotting or breakthrough bleeding, nausea. If symptoms last longer than 3 months, call the clinic.



## What to do if you forget to remove and insert a new NuvaRing or the ring falls out?

- See the table below for instructions.
- If you forget to remove your NuvaRing, you may have some spotting or breakthrough bleeding. Do not stop using the NuvaRing.
- Emergency contraception (EC) is available at the clinic to use within **5 days** of having unprotected intercourse if needed.

### What do I do if my NuvaRing comes out?

When	What to do	Backup contraception
At any time for less than 3 hours	Reinsert NuvaRing	None needed
During weeks 1 or 2 for more than 3 hours	Reinsert NuvaRing	Condoms for 7 days
During week 3 for more than 3 hours	Insert a new NuvaRing immediately (this will be the start of the next 12 week use period. You may not experience a normal period, however, some spotting may occur.	Condoms for 7 days

### • What do I do if I forget to remove my NuvaRing?

Length of time	What to do	Backup contraception
It's been left in for more than 4 weeks total.	Remove the NuvaRing. If you get your period, insert a new NuvaRing. If you do not get your period do a pregnancy test. If your pregnancy test is negative, insert a new NuvaRing. If your pregnancy test is positive, do not insert a new NuvaRing.	Condoms during the time you aren't wearing your NuvaRing and for the first 7 days of using your new NuvaRing.