

**FAMILY PLANNING PROGRAM
MONROE COUNTY HEALTH DEPARTMENT**

**2353 S. Custer Road
Monroe, Michigan 48161
(734) 240-7840
Toll Free (888) 354-5500 ext, 7830**

NuvaRing

NuvaRing is a soft flexible contraceptive vaginal ring that releases hormones similar to combination birth control pills to prevent pregnancy. If used correctly 99% effective in preventing pregnancy.

- + Effective and safe
- + No medicine to take everyday
- + Less acne
- + Less cramps
- + Regular periods
- + Less iron-deficiency anemia



NuvaRing Refills

You must call in advance to set up an appointment to pick up NuvaRing from the Family Planning nurse. The telephone for appointments is (734) 240-7840.

Family Planning Nursing Staff Hours

Monday	Closed
Tuesday	Supplies: 2:00 p.m. – 4:00 p.m.; 5:00 p.m. – 6:00 p.m. Practitioner: 4:45 p.m. – 7:30 p.m.
Wednesday	Supplies: 1:30 p.m. – 3:30 p.m.; 5:00 p.m. – 6:00 p.m. Practitioner: 6:00 p.m. – 8:00 p.m.
Thursday	Supplies ONLY: 2:00 p.m. – 4:00 p.m.
Friday	Closed

If you have an emergency after office hours, go to the Emergency Room or call 911

If you have a medical problem that needs attention before our office reopens contact your Primary Medical Provider

Recommend refrigeration.

NuvaRing may be kept at room temperature (no more than 77 degrees F) for up to 4 months.

The Monroe County Health Department will not discriminate against any individual or group because of residency, religion, creed, race, color, national origin, age, sex, handicapping condition, number of pregnancies, marital status, source of payment, or political belief. Developed with support of Title X funds.

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Directions for use:

- NuvaRing should be inserted vaginally on the 5th day of period (always check expiration date).
- NuvaRing is to remain in place continuously for 3 weeks.
- NuvaRing should be removed 3 weeks later on the same day of week as it was inserted and about the same time.
- Discard NuvaRing in foil pouch and throw into waste can, **DO NOT FLUSH DOWN TOILET**.
- After 1 week break, insert new ring on the same day of the week as it was in the 1st cycle.

or

Quick Start for NuvaRing

- Must have negative urine pregnancy test at time of visit.
- No episodes of unprotected sex within 10 days prior to screening visit.
- If a client meets above stated criteria, may be considered a candidate.
- Client will insert NuvaRing at time of initial clinic visit and then continue contraceptive method as directed.
- Client must use back-up method of contraception for 7 days.

What to do if NuvaRing falls out:

- NuvaRing can accidentally fall out. If this occurs, the NuvaRing can be rinsed with cool to lukewarm (not hot) water, and reinserted promptly.
- If NuvaRing is lost, a new vaginal ring should be reinserted. If NuvaRing is out longer than 3 hours effectiveness will be reduced and a 2nd form of contraceptive is recommended, such as condoms or spermicide.

Possible Side Effects:

- Breast tenderness
- Headache
- Nausea
- Increased vaginal irritation or infection
- Irregular periods are common in the first 2-3 cycles of use

Danger Signs to Report to Family Planning Clinic, Your Physician or Emergency Department Immediately:

- Chest pain or shortness of breath
- Unusual swelling of arms or legs
- Leg pain
- Severe headache
- Severe abdominal pain
- Severe depression
- Eye problems – blurred/double vision
- Yellowing of skin
- Unusually heavy bleeding
- No period after having one every month
- New lump on breast

Smoking and the NuvaRing: *It is not advisable to smoke cigarettes if you are using the NuvaRing.*

Nicotine in cigarettes and estrogen in NuvaRing are a dangerous combination. Smokers are at greater risk for heart attacks, strokes, blood clots, and lung cancer. *If you smoke and are 35 or older, you will not be given the NuvaRing.*

***NuvaRing does not protect you against sexually transmitted diseases. Always use condoms to reduce risk.**

**** Condoms are recommended for the 1st 7 days of initial start of NuvaRing, as a back up.**

Emergency Contraception is available. Ask the Family Planning nurse or practitioner. It must be used within 120 hours of unprotected sex to prevent pregnancy. Emergency Contraceptives do not cause an abortion and should not be used as routine contraception.