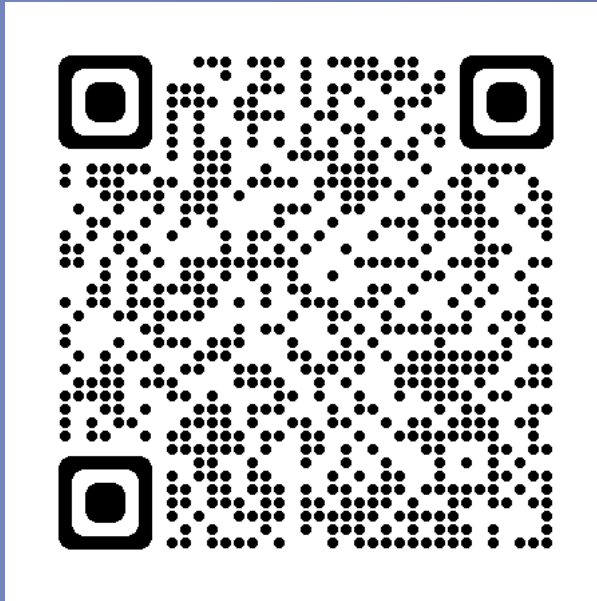


# NUVARING<sup>®</sup>

(120µg etonogestrel/15µg ethinylestradiol)



Scan the QR Code to watch the  
**Nuvaring instruction**  
of use **video**.

## PILL FREE PREGNANCY PREVENTION

This factsheet is for people who have been prescribed NuvaRing<sup>®</sup>. It will help answer some of the questions you may have about NuvaRing. The information in this booklet does not replace information provided to you by your doctor or nurse. Talk to your doctor, nurse or pharmacist if you have any further questions.



NOT ACTUAL SIZE

# What is NuvaRing?

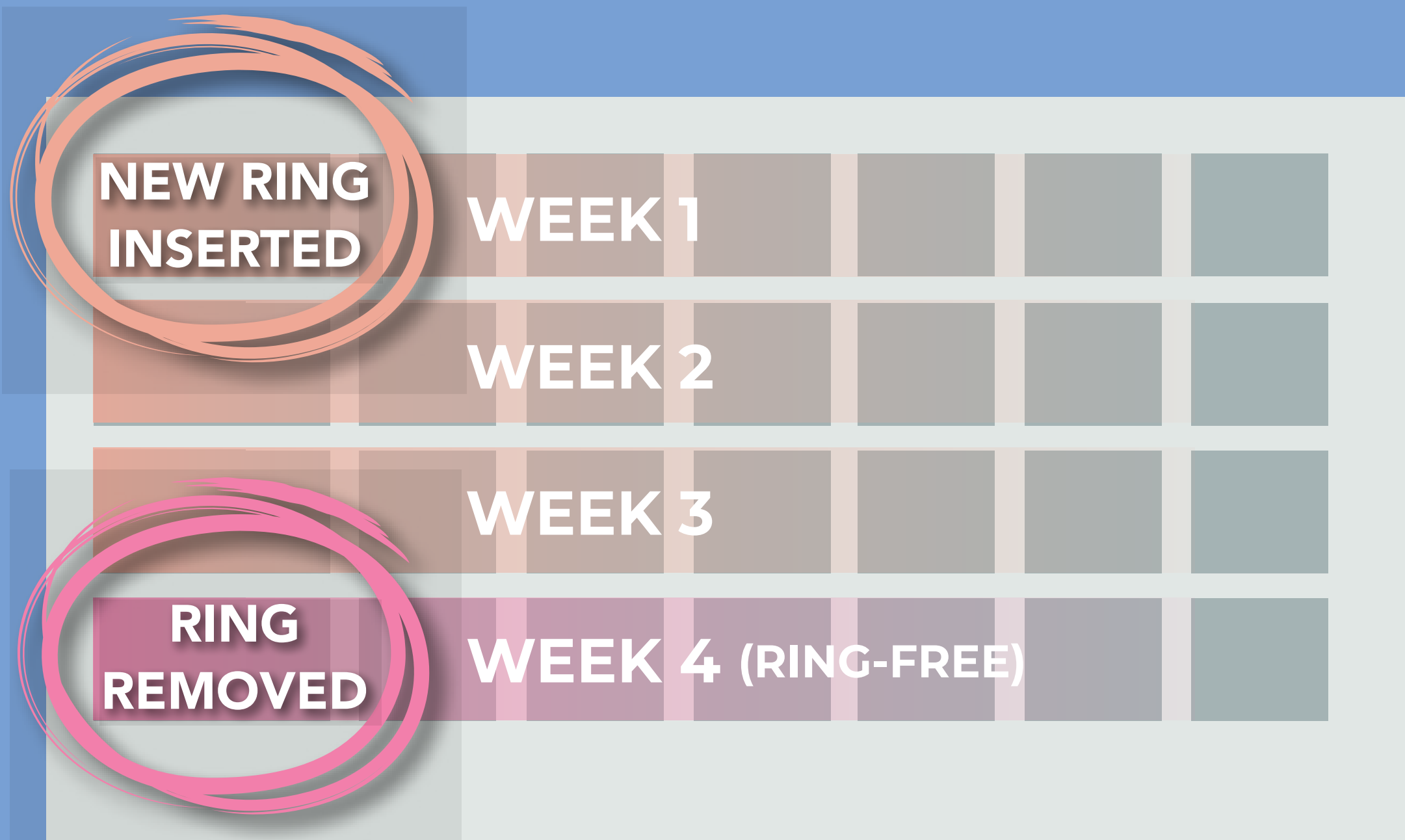
NuvaRing is a contraceptive vaginal ring used to prevent pregnancy. You can insert and remove NuvaRing yourself.<sup>1</sup>

- Each ring contains a small amount of two female sex hormones – (etonogestrel and ethinylestradiol – that prevent ovulation).<sup>1</sup>
- NuvaRing is 99.3% effective when used exactly as directed. Your chance of getting pregnant increases if NuvaRing is not used exactly according to the directions.<sup>2</sup>
- NuvaRing like other hormonal contraceptives, does not protect against HIV infection (AIDS) or any other sexually transmitted disease.<sup>1</sup>

**NUVARING**<sup>®</sup>   
(120µg etonogestrel/15µg ethinylestradiol)

works just like a combined contraceptive pill (the Pill), but instead of taking a pill every day, the ring is used for 3 weeks in a row.<sup>1</sup>





## NEW RING INSERTED AFTER RING-FREE WEEK

For example, if you put NuvaRing in on a Wednesday at about 10 p.m., you should remove the ring 3 weeks later, on Wednesday, at about 10 p.m. The following Wednesday a new ring should be inserted at approximately the same time.<sup>1</sup>

NuvaRing is inserted and left in the vagina continuously for **3 weeks**.<sup>1</sup>

**It is removed for a -1week break**, during which a withdrawal bleed usually occurs.<sup>1</sup>

A new ring is inserted one week after the last ring was removed.<sup>1</sup>

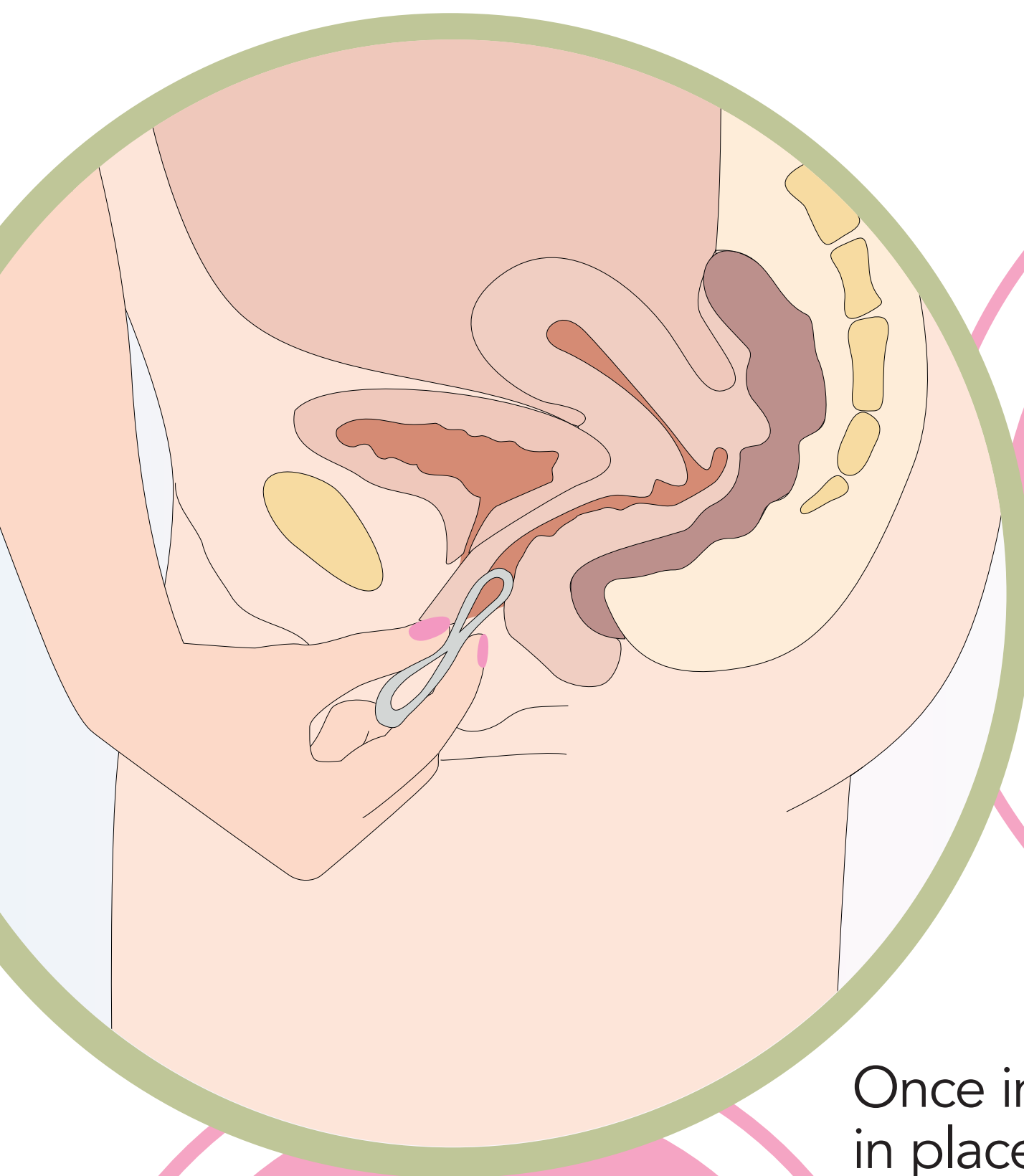
# How do I insert/ position NuvaRing?<sup>1</sup>

## ● **Step 1:**

After washing and drying your hands, remove NuvaRing from its foil pouch. Keep the pouch for proper disposal of the ring. Find a comfortable position.

## ● **Step 2:**

Hold the ring between your thumb and index finger, press the sides together and gently push the ring into your vagina. The exact position of the ring inside the vagina is not important.



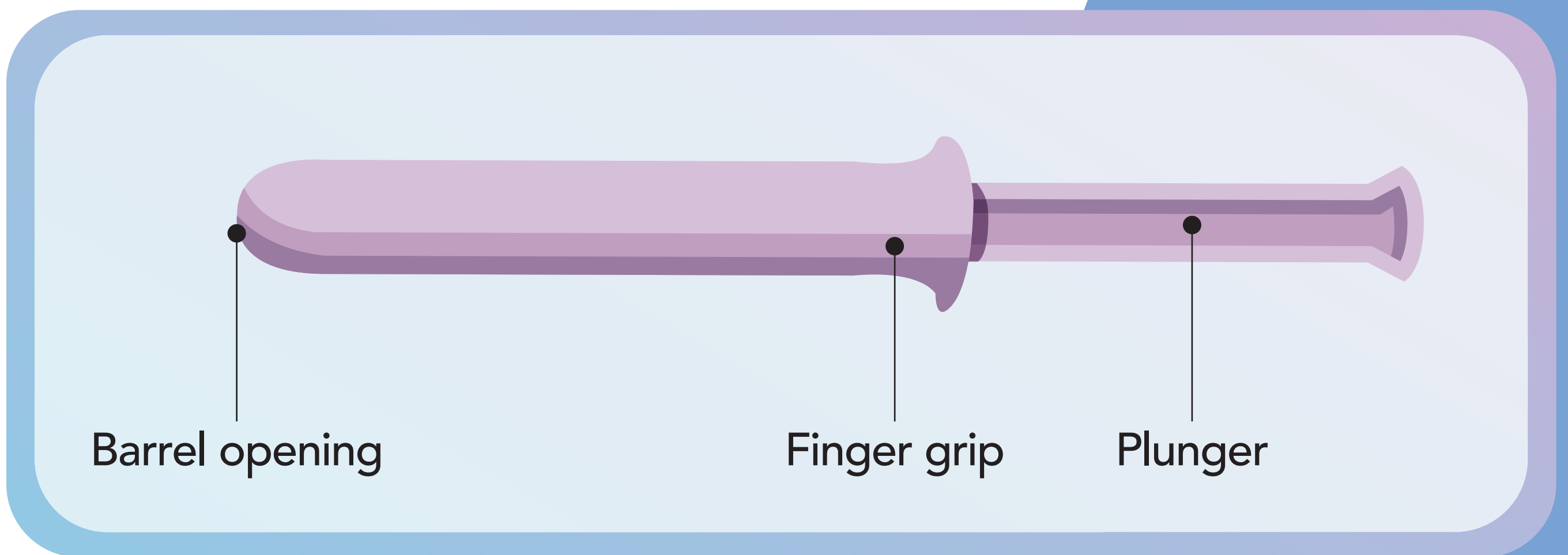
Regularly check  
that NuvaRing is  
in your vagina  
(for example, before  
and after intercourse)  
to ensure that you are  
protected from  
pregnancy.

Once inserted, keep NuvaRing  
in place for 3 weeks in a row.

Insert a new  
ring on the same  
day of the week  
and at the same  
time as when the  
previous ring  
was removed.



# Introducing the new optional NuvaRing Applicator<sup>1</sup>



Many women may have questions when using NuvaRing for the first time:

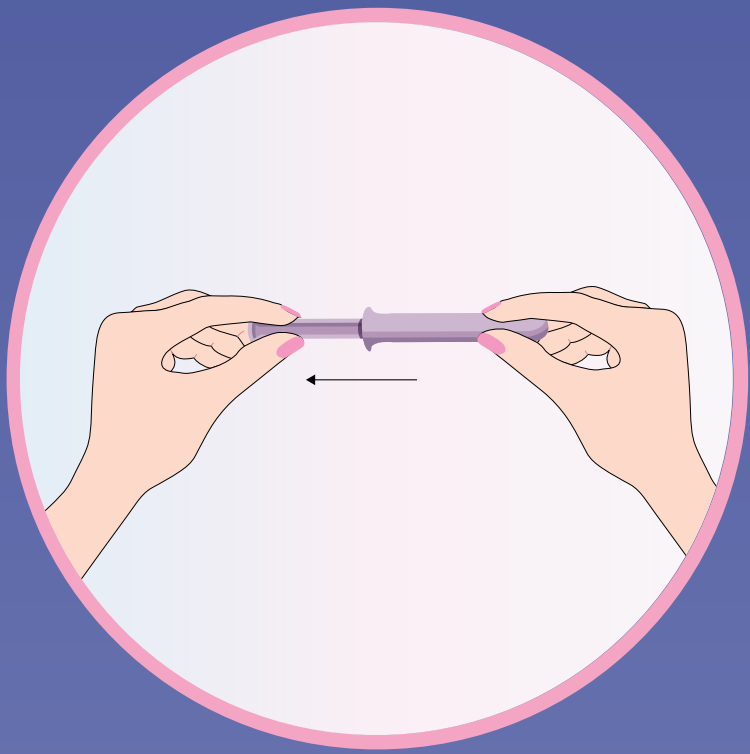
- She may not know how to insert NuvaRing and whether the ring is in «The Right» place
- The exact position of NuvaRing in the vagina is not critical for it to be effective<sup>1</sup>

## The new optional NuvaRing Aplicator:

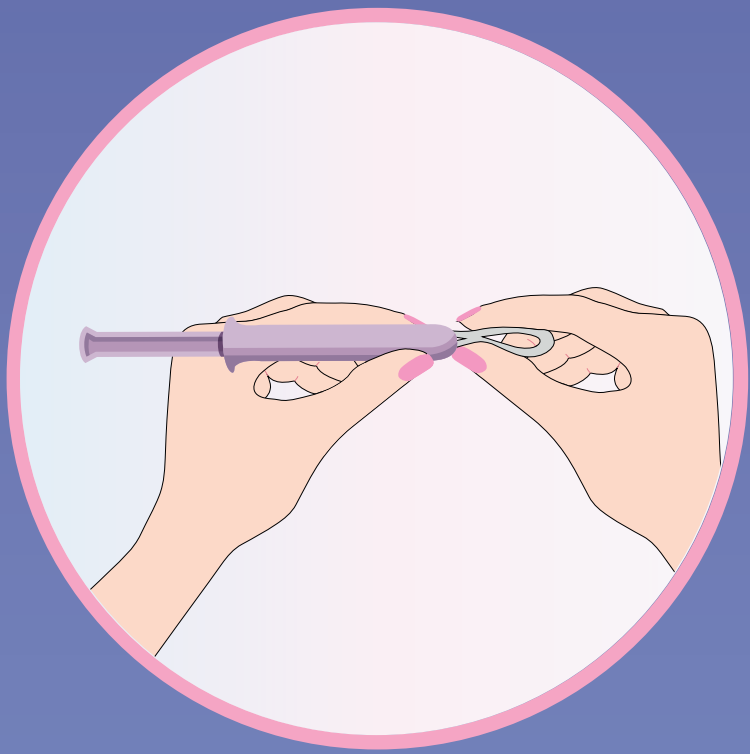
- May help make inserting NuvaRing similar to using a tampon with an applicator
- Gives her an alternative to using her fingers for insertion

<sup>a</sup> In a given 1-month period, NuvaRing must be inserted into the vagina, removed after 3 weeks, and a new ring must be inserted 7 days later.<sup>1</sup>

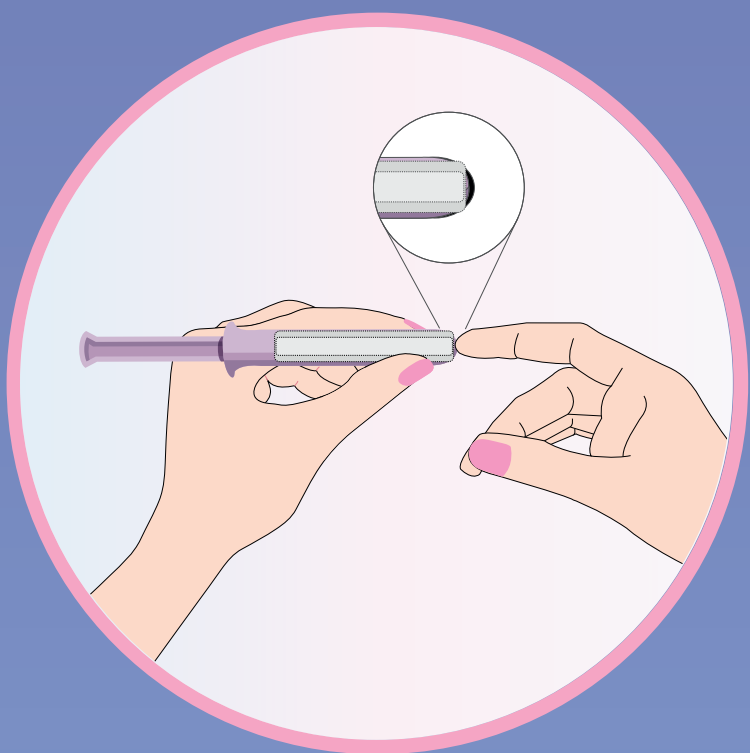
# How to insert NuvaRing using the optional NuvaRing Applicator?<sup>1</sup>



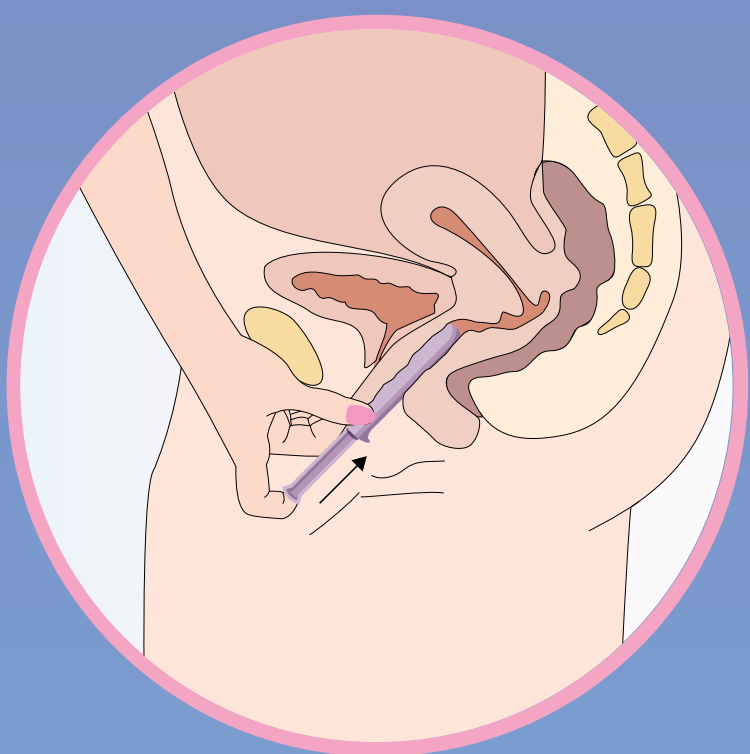
Load the ring into the applicator by gently pulling the plunger away from the barrel until it stops.



Squeeze opposite sides of the ring together and gently push the ring into the barrel. The tip of the ring should stick out slightly from the barrel opening.

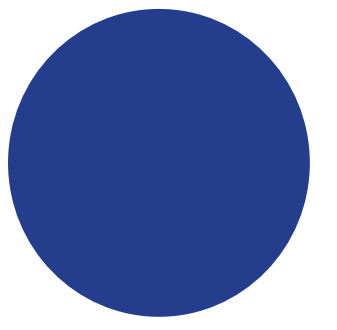


Place thumb and middle finger on the finger grip.



Gently insert the barrel of the applicator into the vagina. Then use index finger to gently push the plunger all the way into the barrel. The ring is pushed out of the applicator. Gently remove the applicator.

# How do I remove NuvaRing?<sup>1</sup>



Once NuvaRing has been in place for 3 weeks, you must remove it for one week so you can have your period.

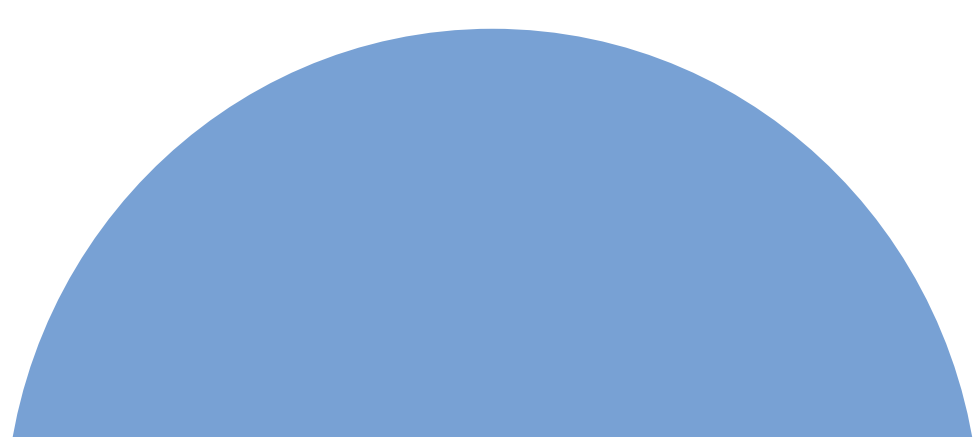
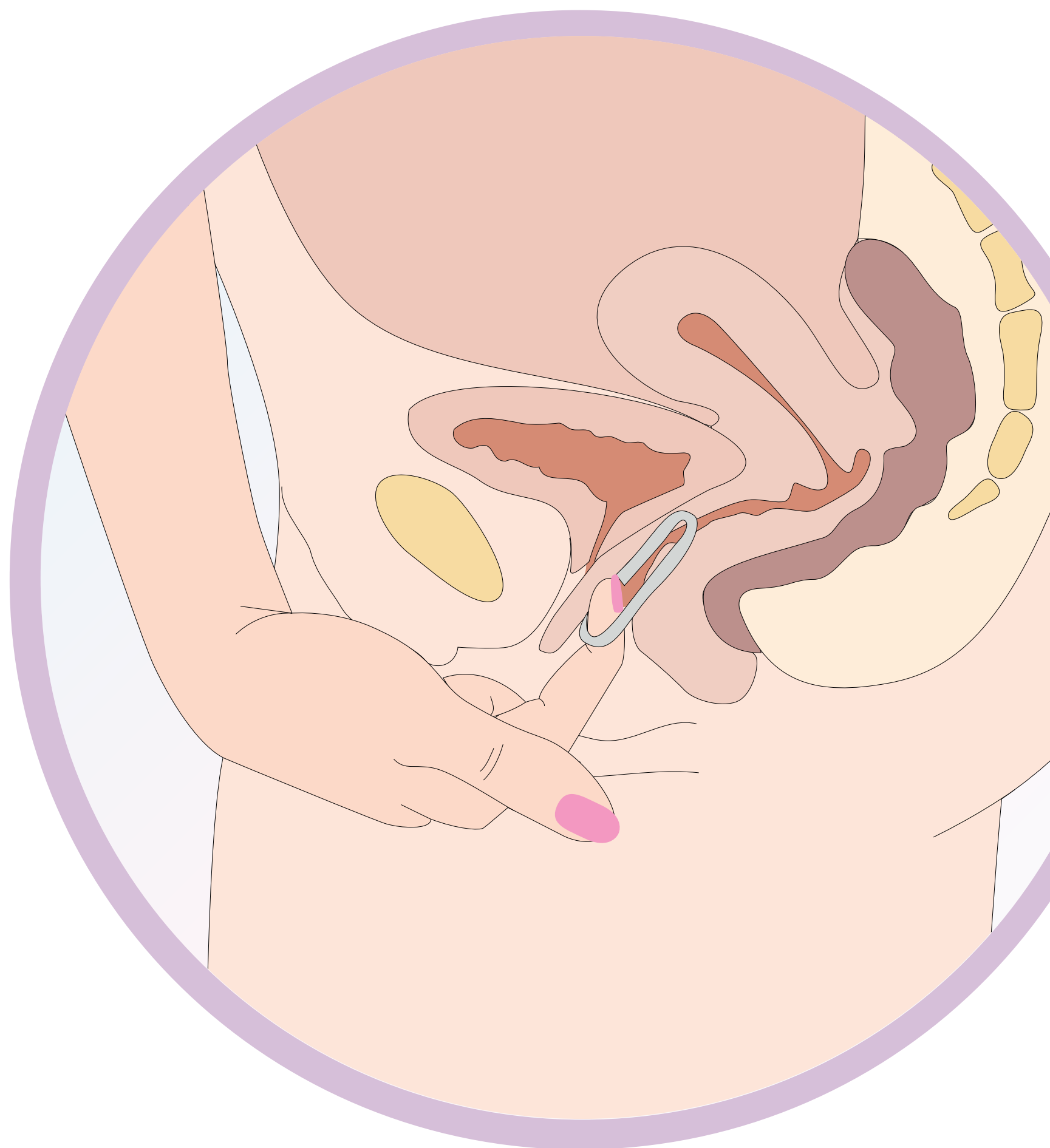
## ● **Step 1:**

Remove NuvaRing by hooking your index finger under the rim or by holding the rim between the index and middle finger and pulling it out.

## ● **Step 2:**

Place the used ring in the foil pouch it came in and dispose of it in a waste bin. Remember, you need to insert a new ring after the one-week break is up to continue your pregnancy protection.

After one week without a ring, insert a new ring on the same day of the week and time as the previous ring. For example, if you inserted NuvaRing on a Sunday at 10 p.m., you would remove it 3 weeks later at 10 p.m. on a Sunday, and then insert a new ring the following Sunday at 10 p.m.





# When should I start NuvaRing?<sup>1</sup>

If you did not use a hormonal birth control in the preceding cycle, insert NuvaRing within the first 5 days of your cycle (i.e., Days 1 to 5 of the menstrual bleeding) but be sure to use an extra form of birth control (barrier method), such as male condoms, during the first 7 days of NuvaRing use in the first cycle.

If you are switching from another combined hormonal contraceptive, you can insert NuvaRing on any day, but at the latest on the day following the usual tablet-free, patch-free or placebo tablet interval of her previous combined hormonal contraceptive.

If you are switching from a progestin-only contraceptive, including:

- A mini-pill, you can switch on any day, inserting NuvaRing the day immediately after your last pill.
- An implant, injectable contraceptive or progestin-containing intra-uterine system (IUS), start NuvaRing on the day your implant or IUS is removed or on the day your next injection is due.

Use an extra method of birth control for the first 7 days after inserting NuvaRing.

Talk to your doctor about starting NuvaRing following an abortion, a miscarriage or childbirth.



# Is there anything else I should know?

## **Can NuvaRing get lost inside me?**

No, this is not possible as long as you insert it into your vagina. There have been some cases of accidental insertion into the bladder.<sup>3</sup>

## **What if I forget to remove NuvaRing?**

If NuvaRing has been left in place for between 3 and 4 weeks, it will still protect you from pregnancy. Have your regular ring-free interval of one week and subsequently insert a new ring.<sup>1</sup>

If NuvaRing has been left in place for more than 4 weeks there is a possibility of becoming pregnant. Contact your doctor before you start with a new ring.<sup>1</sup>

## **Will I be able to feel NuvaRing?**

Although some women may be aware of NuvaRing in the vagina, most women do not feel it once it is in place. If you feel discomfort, change the position of the NuvaRing (i.e., use your finger to gently push NuvaRing further into your vagina) until it is comfortable. The exact position of the ring inside the vagina is not important.<sup>1</sup>

## **How do I store NuvaRing?**

Store NuvaRing at room temperature (2°C to 30°C). Protect from light. Do not use NuvaRing if it was dispensed to you more than 4 months ago. The dispensing date is shown on the box. Do not use NuvaRing after the expiry date that is shown on the box. Do not use NuvaRing if you notice a colour change in the ring or any visible signs of deterioration.<sup>1</sup>

Keep out of reach of children and pets. If you discover that a child has been exposed to the hormones from NuvaRing, ask your doctor for advice.<sup>1</sup>

## **Can I use vaginal medications?**

Ask your doctor or pharmacist for advice before taking any medicine.

You can use tampons while using NuvaRing. Insert NuvaRing before inserting a tampon. You should be careful when removing a tampon to be sure that the ring is not accidentally pulled out. If the ring does come out, simply rinse the ring in cool to lukewarm water and immediately reinsert it. Ring breakage has occurred when also using a vaginal product such as a lubricant or treatment for infection. Using spermicides or vaginal yeast products will not reduce the contraceptive efficacy of NuvaRing.<sup>1</sup>



# Is it possible for NuvaRing to fall out?<sup>1</sup>

Yes, but it's very rare. NuvaRing may slip out if it has not been inserted properly, or while removing a tampon, during intercourse or during constipation. Women with conditions affecting the vagina, such as a prolapsed uterus, may be more likely to have NuvaRing slip out of the vagina. Therefore, it is a **good habit to regularly check whether the ring is still in your vagina** (for example, before and after intercourse).

If NuvaRing was out of the vagina **for less than 3 hours**, you should still be protected from pregnancy. Rinse NuvaRing with cool to lukewarm (not hot) water and reinsert it as soon as possible (at least within 3 hours of slipping out) or insert a new ring on the same schedule as the lost ring.

If NuvaRing has been out **for more than 3 hours during the first or second week**, you may not be adequately protected from pregnancy. You should rinse the ring with cool to lukewarm (not hot) water. Reinsert the ring as soon as possible and use an extra method of birth control until the ring has been in place **for 7 consecutive days**.

If NuvaRing has been out **for more than 3 hours during the third week**, you may not be adequately protected from pregnancy. Throw away the ring and choose one of the two options below:

1. Insert a new ring immediately, starting a new 3-week use period; or
2. Have your period and insert a new ring no later than 7 days from the time the previous ring was removed or expelled. (Note: Only use this option if the ring was used continuously for the preceding 7 days.)

If NuvaRing was out of the vagina for unknown amount of time, you may not be protected from pregnancy. Perform a pregnancy test and talk to your healthcare professional before inserting a new ring.



# Frequently Asked Questions

## **When can I start using NuvaRing?**

You can insert and remove NuvaRing yourself. Your doctor will tell you when to start using NuvaRing for the first time. The vaginal ring must be put in on the correct day in your monthly cycle and left in place for 3 weeks in a row. Regularly check that NuvaRing is in your vagina (for example, before and after intercourse) to ensure that you are protected from pregnancy. After the third week, you take NuvaRing out and have a one week break. You will usually have your monthly period during this ring-free interval.<sup>1</sup>

## **Will my partner feel NuvaRing?**

Some partners may feel NuvaRing in the vagina during intercourse, but a clinical study found that the majority of couples did not mind.<sup>4</sup>

85% of women and 71% of their partners never or rarely felt NuvaRing during intercourse.<sup>4,\*</sup>

\*Based on acceptability questionnaire completed by 1,950 women in North America and Europe after 3 cycles of NuvaRing use.

## **What are the possible side effects of NuvaRing?**

Like all medicines, NuvaRing can cause side effects, although not everybody gets them. Common side effects of NuvaRing may include, but are not limited to:<sup>1</sup>

Genital itching, headache (including migraine), mood changes, nausea, vaginal discharge or discomfort, weight gain, breast pain or tenderness, painful menstrual periods, abdominal pain, acne, less sexual desire.<sup>1</sup>

Further information can also be found in the NuvaRing Consumer Medicine Information. If you have any questions or experience any side effects while using NuvaRing, consult your doctor or pharmacist.



Scan the QR Code to watch the  
**Nuvaring instruction**  
of use **video**.

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### **Organon Saudi Arabia**

In case you have an inquiry, please contact us immediately on:

DPOC Email: [dpoc.saudi@organon.com](mailto:dpoc.saudi@organon.com)

Tel: 00966114173110

Or in case you need to report an adverse event, you may  
contact us at:

PV Email: [pv.saudiarabia@organon.com](mailto:pv.saudiarabia@organon.com)

Mobile: +966 535322117

You can report any suspected adverse reactions associated  
with the use of health products or for other health product  
inquiries related to this communication, contact the NPC by:

The National Pharmacovigilance Centre (NPC) Saudi Food  
and Drug Authority Call Center: 19999

E-mail: [npc.drug@sFDA.gov.sa](mailto:npc.drug@sFDA.gov.sa)

Website: <https://ade.sFDA.gov.sa/>

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