

NuvaRing is a completely new contraceptive method – a low-dose flexible hormone ring that is just as effective as the Pill, but which you use only once a month. You can easily insert the NuvaRing into your vagina and remove it yourself – so that you are in complete control of your contraception.

Once-a-month contraception with NuvaRing:

**Judge for yourself ...
it really makes sense**



There are good reasons for considering NuvaRing. NuvaRing works like the Pill and is just as reliable. Unlike the Pill, however, you don't need to remember to take it every day. NuvaRing is a unique once-a-month method. Development of the NuvaRing offers a number of advantages not offered by the Pill, which must be taken daily:

- Convenience of once-a-month use
- High reliability with the release of a very low dose of hormone
- Avoids daily variations in hormone levels
- Few side effects such as nausea, headache and breast tenderness
- Stable cycle
- No effect on body weight

NuvaRing offers these advantages in a discreet method that gives you control of your own contraception.

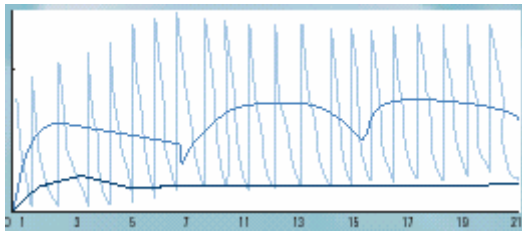
Achieve more with less ...

The contraceptive hormones continuously released by NuvaRing pass through the blood vessels in the vaginal wall into the blood. Since the vaginal wall has a large surface area and a rich and evenly distributed blood supply, the hormones are rapidly and easily absorbed – far more efficiently in fact than when taken by mouth. To compensate for losses occurring during absorption in the stomach and intestine and breakdown in the liver, Pills taken orally contain higher hormone doses.

When given vaginally, smaller quantities of hormone can be used than when taken in pill form. NuvaRing therefore releases a comparatively very low dose of hormone.

NuvaRing's steady release also means that you avoid the daily "highs and lows" that can occur with the Pill and may lead to side effects such as headaches, nausea and breast tenderness. These side effects are rare with NuvaRing, and it is not associated with weight gain. Also, intermenstrual bleeding is rare and your cycle remains stable.

Graph showing blood estrogen levels (ethinylestradiol in pg/ml) for three different methods of hormone release: pill (light blue), patch (blue) and NuvaRing (dark blue) over 21 days



Frequently asked questions about NuvaRing

How easy is it to insert and remove the NuvaRing?

Inserting NuvaRing is as easy as using a tampon. You simply squeeze the ring between your fingers and slip it into your vagina. NuvaRing cannot be inserted incorrectly, as it does not need to be in any particular position in the vagina to be effective. Removing NuvaRing is just as easy: you simply insert your finger until you feel the edge of the ring and then gently pull it out.



Does the NuvaRing stay in place?

The design of NuvaRing ensures that it fits your individual internal contours and stays in place. After insertion, the ring expands to fit the wider upper part of the vagina. The tighter and narrower lower part then holds it safely in position.

Will my partner or I be able to feel the ring?

When the ring is inserted you should not feel it. The upper vagina – where the ring is positioned – is relatively insensitive to touch; the nerves that ensure sensitivity are located mainly in the lower part of the vagina. Most couples who use the NuvaRing do not even notice it during intercourse. Couples who feel it do not find it a problem.

What happens if you leave NuvaRing in for three weeks?

Unlike tampons which are highly absorbent, NuvaRing is a smooth, non-absorbent plastic ring. This means that bacteria cannot grow on it and the ring cannot cause any unpleasant odour.

The vagina protects itself from infection in various ways. Bacteria found naturally in the vagina keep vaginal fluid acidic and produce substances that prevent the growth of harmful bacteria.

NuvaRing allows safe, monthly use in the vagina. NuvaRing prevents ovulation and also increases the thickness of the protective secretions around the cervix. This makes it more difficult for harmful bacteria to penetrate and cause infection. However, NuvaRing is not a barrier method of contraception, and does not protect you from sexually transmitted diseases. Condoms should be used in addition to the NuvaRing to protect from STDs.

After 3 months of use, more than 80% of women preferred NuvaRing to other methods including the Pill.

Where can I find out more about the NuvaRing?

For more information on whether NuvaRing is suitable for you, contact your doctor, who can answer your questions. You can also find further information about the NuvaRing at www.nuvaring.com