



The vaginal ring is highly effective and reversible (not permanent).

It prevents pregnancy by:

- Preventing your ovaries from releasing an egg (pregnancy can't happen if the egg and sperm don't meet)
- Changing the lining of your uterus (endometrium), making it harder for a fertilized egg to implant.
- Changing your cervical mucus, making it harder for sperm to get to the egg

How does the vaginal ring work?

You can start using the vaginal ring at any time. Depending on which day in your menstrual cycle you start, it can take up to 7 days before the ring is effective in preventing pregnancy.

You'll need to use condoms until the ring has been in place long enough for it to prevent pregnancy.



Sticking to a schedule keeps the right level of hormones in your body to prevent pregnancy.

The vaginal ring is most effective when you remove the old ring and insert a new ring on time. It can be 99.7% effective when used perfectly, but most people aren't perfect. With typical use the ring is about

91% Effective

Meaning 90 out of 1000 people using the vaginal ring typically will get pregnant in a year.



Effectiveness of the ring can be reduced by certain medications. If you're unsure about a possible interaction between your medications, talk with your health care provider.

The ring may be less effective for people with a high BMI (Body Mass Index). If you're concerned about how the ring will work in your body, ask your health care provider.

What if the ring falls out or I forget to put a new one in on time?

If your ring falls out in week 1

If your ring has been out for less than 3 hours: Wash the ring in cool water, insert it right away and keep it in until your scheduled ring removal day. You're still protected from pregnancy.

If your ring has been out for more than 3 hours: Wash the ring in cool water, insert it right away and keep it in until your next scheduled ring removal day. Use condoms for the next 7 days until the ring has been in place long enough to prevent pregnancy. Emergency Contraception (EC) is a good option to prevent pregnancy if you had sex without a condom in the last five days.

If your ring falls out in week 2 or 3

If your ring has been out for less than 3 hours: Wash the ring in cool water, insert it right away and keep it in until your scheduled ring removal day. You're still protected from pregnancy.

If your ring has been out for 3 to 72 hours: Wash the ring in cool water, insert it right away and keep it in until your next scheduled ring removal day. At week 4, begin a new contraception cycle with a new ring right away. Skip your ring-free week (you may miss your period, or have spotting). You're still protected from pregnancy.

If your ring has been out for more than 72 hours: Wash the ring in cool water, insert it right away and keep it in until your next scheduled ring removal day. At week 4, begin a new contraception cycle with a new ring right away. Skip your ring-free week (you may miss your period, or have spotting). Use condoms for the next 7 days until the ring has been in place long enough to prevent pregnancy. Emergency Contraception (EC) is a good option to prevent pregnancy if you had sex without a condom in the last five days.

If you leave your ring in your vagina too long

If you inserted your ring 21 to 27 days ago – This should be your ring-free week, so remove your ring right away and finish your regular ring-free week. Insert a new ring at the end of your ring-free week. Your period may be a bit off schedule. Insert your new ring on time, even if your period isn't finished yet. You're still protected from pregnancy.

If you inserted your ring 28 to 35 days ago – Remove your ring and insert a new ring right away to start a new contraception cycle. Skip your ring-free week (you may miss your period, or have spotting). You're still protected from pregnancy.

If you inserted your ring more than 35 days ago - Remove your ring and insert a new ring right away to start a new contraception cycle. Skip your ring-free week (you may miss your period, or have spotting). Use condoms for the next 7 days until the ring has been in place long enough to prevent pregnancy. Emergency Contraception (EC) is a good option to prevent pregnancy if you had sex without a condom in the last five days.

If there is a possibility you may have become pregnant, you should take a pregnancy test before inserting a new ring to begin a new cycle. If you aren't sure what to do, talk with your health care provider or visit www.sexlifefask.ca for more information.



Are there side effects from the vaginal ring?

Some side effects from the vaginal ring are more desirable than others. Many of the less desirable ones often get better after you have been using the vaginal ring for a few months. Side effects can include: more regular periods, less menstrual flow and cramping, reduced risk of endometrial, ovarian, and cervical cancer, reduced risk of fibroids and ovarian cysts, irregular bleeding, headaches, nausea, breast tenderness, vaginal irritation or discharge, and decreased sexual desire.

Some side effects can be warning signs of something more serious. If you have any of the following symptoms, you should let your health care provider know as soon as possible: a new lump in your breast, severe headache, soreness in your leg, severe chest or stomach pain, missing a period if you have always been regular, yellow eyes.

Who should NOT use the vaginal ring?

The vaginal ring is safe for most people. Some health conditions can increase the risk of serious side effects. Check with your health care provider before using the vaginal ring if you are a smoker over 35 years old or have existing health conditions.

IS THE VAGINAL RING RIGHT FOR YOU?

It's important that your contraception method is right for you. If you're having trouble remembering to change your vaginal ring on time or you're struggling with side effects, there are lots of other great contraception options that might be a better fit for you.

Pills



IUD



Patch



Injection



To find out more about contraception or other areas of your sexual health, explore ...

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