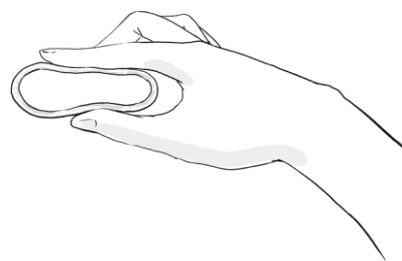


Other CHC Delivery Systems

CONTRACEPTIVE VAGINAL RINGS

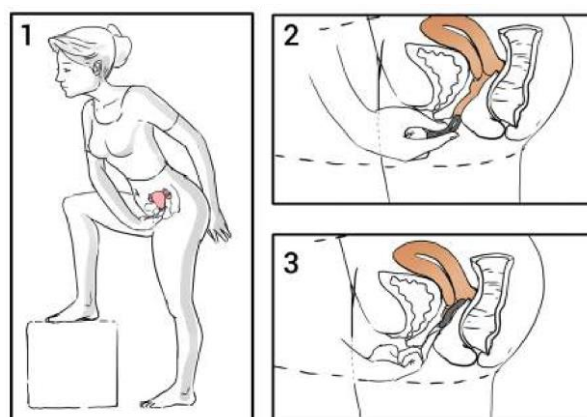
WHAT ARE CONTRACEPTIVE VAGINAL RINGS?

- This sustained-release delivery system comes in the form of a flexible plastic ring. It produces a consistent concentration of the circulating contraceptive hormones that prevent the daily fluctuations associated with the use of COCs.
- Similar to transdermal patches, vaginal rings have no food interactions and avoid the first-pass metabolism in the liver.
- The once-a-month application is convenient and effective for women who always forget to take the scheduled pill the same time every day.
- Users have reported good cycle control and acceptance.
- Approximately two-thirds of some 100 vaginal ring users, compared with fewer than half of some 100 COC users, reported expected bleeding patterns during all their cycles. Such good cycle control may be attributed to the correct use of the method or to the fact that the ring continuously releases hormones, thereby preventing the daily fluctuations in hormone levels during COC use.
- No randomized controlled trials have been conducted to compare NuvaRing with COCs. Large non-randomized trials suggest that the efficacy and side effects of NuvaRing are comparable to those of COCs. Vaginitis, vaginal discharge, and vaginal irritation are more common in NuvaRing users than in COC users.
- Commercially available in other countries as NuvaRing, the ring delivers 120 µg etonogestrel and 15 µg EE each day of use.
- Like Evra patch users, NuvaRing users may have higher compliance rates than COC users (92% versus 75% in one group of comparative studies).



HOW IS THE CONTRACEPTIVE VAGINAL RING USED?

- Once the ring is inserted, it is left in place for three weeks in a row.
- After three full weeks, the ring is removed, followed by a “ring-free” week before a new ring is inserted for the next cycle.
- Menstruation/withdrawal bleeding usually comes two to three days after the ring is removed.



WHEN SHOULD USE OF CONTRACEPTIVE VAGINAL RING BEGIN?

- The ring may be inserted within the first five days after the start of menstruation.
- If the vaginal ring is inserted later than five days after the start of the period, the client should avoid sex or use another contraceptive during the first week of ring use.

WHAT SHOULD BE DONE WHEN THE CONTRACEPTIVE VAGINAL RING FALLS OUT?

- Wash the ring with lukewarm or cool water (DO NOT use hot water), and put it back in as soon as possible.

- Use a backup contraceptive for seven days if the ring is out of the vagina for more than three hours.

WHAT SHOULD BE DONE WHEN THE CONTRACEPTIVE VAGINAL RING IS LEFT IN PLACE LONGER THAN REQUIRED?

Up to four weeks after insertion:

- The ring must be removed from the vagina as soon as possible, followed by a ring-free week.
- A new ring is then inserted after the ring-free week if contraception is still desired.

More than four weeks after insertion:

- The ring must be removed from the vagina as soon as possible.
- A new ring is then immediately inserted, after which sex should be avoided or a backup method should be used for seven days.

