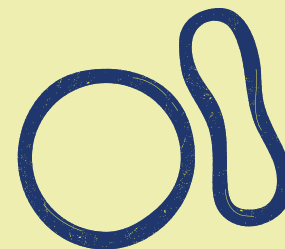


COMBINED HORMONAL RING



How do I use the ring?

- Put the ring inside your vagina right away.
- Leave it in place for 3 weeks.
- Take the ring out, and leave it out for 7 days. Bleeding or spotting may happen during this time.
- Put a new or a reusable ring inside your vagina (see below).
- Use a backup method for 7 days when you first start using the ring.

Monthly Ring

- Put in a new ring every month.
- Do not reuse the same ring.
- Put the old ring in the trash away from children and pets.

Yearly Ring

- Use the same (reusable) ring every month for up to one year.
- Wash with mild soap and water each time you take the ring out.
- Store the ring in a clean and dry place away from children and pets.

Forget or the ring comes out?

Your chance of getting pregnant goes up if you change the ring incorrectly.

If you forget to put your ring in on time or it is out for more than 3 hours:

- Put the ring back in as soon as you can.
- Use a backup method for 7 days after you put it back in.
- Use a backup method or emergency contraception if you have unprotected sex.

If the ring comes out, rinse it with water and put it back in as soon as you can.

Common benefits & side effects

Most people do not experience side effects, while others may. All possible side effects are not listed.

- | | |
|-------------------------------------|----------------------------|
| • Lighter or more regular bleeding | • Headaches |
| • Breakthrough bleeding or spotting | • Nausea |
| • Breast tenderness | • Bloating |
| | • Increased blood pressure |

Warning Signs: ACHES

If you have any of these symptoms, call your clinic as soon as possible.



Abdominal Pain



Chest Pain



Headache- Severe



Eye Problems



Swelling in legs

COMBINED HORMONAL RING

prevents pregnancy by:



Stopping the egg from being released



Changing the uterine lining



Thickening the cervical mucous to stop sperm



The ring is made up of hormones that are similar to ones made by your body.



The chance of getting pregnant is low when using the ring.
7 out of 100 people will get pregnant each year with typical use.



When you stop using the ring, your chance of getting pregnant will be the same as it was before using the ring.



Some medications can decrease how well your birth control works. Talk to your provider about medications you take.



The ring does not protect against STIs or HIV. Always use a condom for protection.

RETURN TO CLINIC:

- For yearly check-ups
- If you want to change your method
- If you are concerned about side effects

NOTES: