

Live Well to
Learn Well

Web:
health.cornell.edu

Phone (24/7):
607-255-5155

Fax:
607-255-0269

Appointments:
Monday–Saturday

*Check web for hours,
services, providers,
and appointment
information*

110 Ho Plaza,
Ithaca, NY
14853-3101

What is NuvaRing?

NuvaRing is an easy to use hormonal contraceptive device available by prescription. It contains the same types of hormones (estrogen and progesterone) found in birth control pills.

How does NuvaRing work?

NuvaRing is a clear and flexible ring. When inserted into the vagina, it delivers low levels of synthetic hormones (etonogestrel and ethinyl estradiol) into the body. These hormones are absorbed into the bloodstream, keeping the ovaries from releasing eggs and thickening cervical mucus (making it difficult for sperm to enter the uterus). Used correctly, NuvaRing is 99% effective in preventing pregnancy.

Is NuvaRing right for you?

Advantages

Many women choose NuvaRing because it:

- is easy to use
- provides safe, effective, hormonal contraception
- has lower amounts of estrogen than birth control pills
- may be more convenient to use than other methods (e.g., the pill)
- is easy to insert and to remove
- does not require daily or weekly attention
- permits sexual spontaneity
- maintains regular periods and relieves some menstrual problems (e.g., can shorten periods; reduce the incidence of iron deficiency anemia; minimize cramps and PMS; correct menstrual irregularity/amenorrhea)
- can treat symptoms of endometriosis
- decreases the incidence of ovarian cysts, fibrocystic breast syndrome and fibroadenomas of the breast
- lowers the risk of ovarian and endometrial cancer
- can diminish acne
- can decrease the likelihood of some types of vaginal infections
- can increase vaginal lubrication
- can be used to lengthen the time between periods, or skip them entirely

Disadvantages

NuvaRing is not right for everyone because it:

- does not protect against sexually transmitted infections (STIs)
- may cause side effects (e.g. nausea, breast tenderness, moodiness)



Not to size: NuvaRing is 2 inches in diameter.

- is not an option for women who have contraindications to estrogen
- requires keeping track of the number of weeks it is inserted

Potential side effects

The most frequently reported side effects of the NuvaRing are those associated with other hormonal methods including nausea and/or vomiting, breast tenderness and moodiness. Side effects of hormonal birth control methods typically lessen over time, and usually resolve completely in three to four months.

In some women, NuvaRing can also cause vaginal irritation or increased vaginal discharge. This often resolves on its own, but may necessitate discontinuation if bothersome.

What are the contraindications?

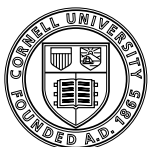
Cigarette smoking

Smoking increases the risk of serious cardiovascular problems from hormonal contraceptive use. The risk increases with age and the amount of smoking. Women who use NuvaRing are strongly urged not to smoke.

Chronic conditions

If you have a chronic medical problem, you will need to discuss the risks of using NuvaRing as it relates to your particular situation. Most of the time, it is relatively safe. However, if you have any of the following conditions, check with your clinician about your ability to use NuvaRing:

- thrombophlebitis, thromboembolic disorders, cerebral vascular disease, coronary artery disease, lipid disorders or past history of these conditions



- markedly impaired liver function or hepatic adenoma
- undiagnosed breast masses or known or suspected carcinoma of the breast
- unexplained genital bleeding
- known or suspected pregnancy
- known or suspected estrogen-dependent tumor
- history of migraine headaches
- history of elevated cholesterol
- high blood pressure

How to get a prescription

Make an appointment at Cornell Health by phone (607-255-5155) or by going online to myCornellHealth.

- Schedule a “Well Woman Exam” if it is time for a pap smear and/or check-up.
- Schedule an appointment “just for birth control” if you feel you don’t need a check-up, pap smear or STI testing.

At your appointment, your health care provider will talk with you more about NuvaRing and other contraceptive options.