

## THINGS TO KNOW

- Tell your medical providers you're using the ring. Some uncommon medications can change its effectiveness.
- **Store unused rings in their foil pouches at room temperature out of direct sunlight.**
- If experiencing bleeding or your period while you have your vaginal ring in, please discuss with your medical provider.

## BIRTH CONTROL IS A SAFE WAY TO PREVENT PREGNANCY

The risks of any birth control are less than the risks of pregnancy.

Choose which method works best for you.

There are possible side effects with all birth control, just like any medication.

Come back to the clinic if you experience signs of pregnancy, change in vaginal discharge, abdominal or pelvic pain, possible exposure to an STI, painful sex, bleeding after sex, headaches, mood changes, or severe pain in your chest, abdomen, or legs.

SCAN ME!



## MINNEAPOLIS SCHOOL BASED CLINICS

<b>Edison:</b> Room 107	<b>612-668-1321</b>
<b>Henry:</b> Room 212	<b>612-668-1944</b>
<b>FAIR:</b> Room 222	<b>612-668-1064</b>
<b>Longfellow:</b> Room 126	<b>612-668-4723</b>
<b>Roosevelt:</b> Room 143	<b>612-668-4834</b>
<b>South:</b> Room 122	<b>612-668-4333</b>
<b>Southwest:</b> Room E021	<b>612-668-3040</b>
<b>Washburn:</b> Room 002	<b>612-668-3453</b>

  
**Minneapolis**  
Health

For reasonable accommodations or alternative formats please contact Minneapolis Health Department at 612-673-2301 or [health@minneapolismn.gov](mailto:health@minneapolismn.gov). People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users call 612-673-2157 or 612-673-2626.  
Para asistencia 612-673-2700 - Rau kev pab 612-673-2800 - Hadii aad Caawimaad u baahantahay 612-673-3500.

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## VAGINAL RING



**ETONOGESTREL/ETHINYL  
ESTRADIOL VAGINAL RING**

MINNEAPOLIS

**SCHOOL BASED  
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program

[www.minneapolismn.gov/sbc](http://www.minneapolismn.gov/sbc)  
[www.facebook.com/mplsbc](https://www.facebook.com/mplsbc)  
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## HOW IT WORKS

The vaginal ring is a small, plastic ring that contains estrogen and progesterone. It can be used by a person with a uterus to prevent unplanned pregnancy. It stops ovaries from releasing an egg each month. The ring also thickens cervical mucus, making it harder for sperm to enter the uterus.

## BENEFITS

- 91% effective
- Regular menstrual periods
- Easy to use and little to remember
- Less period bleeding and cramping

## POSSIBLE SIDE EFFECTS

- Vaginal discomfort
- Heavier vaginal discharge
- Headache
- Weight gain
- Feeling sick to your stomach
- Chest tenderness
- Irregular bleeding or spotting
- Smoking cigarettes increases the chance for serious side effects

## GETTING STARTED

When you start the ring, use condoms or avoid vaginal sex for 7 days to prevent pregnancy. **The medication can take up to 7 days to start working.**

## HOW TO USE

Put the vaginal ring in your vagina and keep it in place for 3 weeks (21 days). Remove it for 1 week (7 days) and then insert a new ring. During the 1 week break, you will usually have your period. You're not at risk of pregnancy during this week if using the ring correctly.

## HOW TO INSERT

1. Check the expiration date.
2. Wash your hands. Remove the ring from its foil pouch and keep the pouch for disposal later.
3. Choose a comfortable position. You can lie down, squat, or stand with one leg up.
4. Hold the ring between your thumb and index finger and press the two sides together. Gently push the folded ring into your vagina. Any position is okay, but it's less likely to slip out when it is further back.
5. If it feels uncomfortable, use your finger to gently push it further into the vagina. Don't worry, it can't be pushed up too far or get lost.
6. Once it is in, keep the vaginal ring in place for 3 weeks. You can keep it in during sex and check it afterwards or take it out for up to 3 hours.

## HOW TO REMOVE

1. Remove the ring 3 weeks after you put it in, on the same day of the week at about the same time. For example, if you placed it on the 1st Monday of the month, take it out on the 4th Monday of the month.
2. Insert your finger into your vagina, hook your finger around the rim and pull the ring out. Put the used ring in the foil pouch you saved and throw it away. Do NOT flush it down the toilet.
3. Wash your hands once done.
4. After 6 to 7 days (no longer than 7), insert a new ring. You may not have finished bleeding when it is time to put in a new ring and that is okay. You must insert the new ring on time or you may get pregnant if having unprotected vaginal sex.

## IF IT COMES OUT OF THE VAGINA

- **Less than 3 hours:** You should still be protected from pregnancy if you have unprotected vaginal sex. Rinse the ring with cool to lukewarm water and put it back in as soon as possible. If you lost it, put in a new one and keep the same schedule as before. Remove it when you should have removed the one you lost.
- **More than 3 hours:** You may not be protected from pregnancy if you have unprotected vaginal sex. Re-insert the ring ASAP and avoid vaginal sex or use condoms for the next 7 days to prevent unplanned pregnancy

If you have vaginal sex without a condom and you just started the ring, the ring is out of your body for more than 3 hours, or if you wait longer than 7 days to put in a new ring, you could be at risk of pregnancy. Come to the School Based Clinic to talk with a medical provider or get emergency contraception (Plan B/Ella).

Use condoms/barriers every time you have sex to help prevent sexually transmitted infections. **The ring does not prevent sexually transmitted infections.**

