



Informed Consent for NUVARING Contraceptive

ETONOGESTREL/ETHINYL ESTRADIOL - NUVARING is a non-biodegradable, flexible, transparent, colorless combination contraceptive vaginal ring containing two active components, a progestin, etonogestrel and an estrogen, ethinyl estradiol.

Mechanism of Action: The same as Oral Contraceptives (birth control pills). The NuvaRing is used to prevent conception (pregnancy). Using this hormone ring does not protect you or your partner against HIV or other sexually transmitted diseases (STDs). The contraception action takes place by:

- Suppressing ovulation
- Producing changes in the endometrium that makes it unreceptive to implantation
- Producing a thickened cervical mucus

Benefits of this Method:

- Highly effective: 99%
- Sexual spontaneity
- Half the estrogen of commonly used oral contraceptives
- A low incidence of side effects
- Relief of symptoms associated with peri-menopause

Risk of Method: Minor side effects usually subside after several months of use;

- Nausea and vomiting, headache, depression, mood changes
- Spotting, break through bleeding, prolonged bleeding
- Yeast infections or vaginal discharges
- Foreign body sensation, coital problems, device expulsion

Major side effects: Rare in non-smokers and women under 40.

- Blood clots
- Hypertension (high blood pressure)
- Gallbladder disease
- Serious allergic reaction
- Heart attack

Warning

Smoking cigarettes while using this vaginal ring doubles your chance of having heart problems.

Do not smoke while using this product. The risk of heart problems increases with age (women greater than 35 years of age) and with frequent smoking (15 cigarettes per day or greater). These side effects are characterized by the following danger signals (**if they occur, seek medical care at a hospital ER IMMEDIATELY**):

Danger Signals Associated with NuvaRing

Sudden severe pain	Blurred vision	Abdominal pain
Loss of vision	Persistent severe headache	
Chest pain or difficulty breathing	Severe leg pain (calf or thigh)	

Women with a history of any of the following conditions should not use the NuvaRing

Thromboembolic disorders	Cancer of breast or reproductive system
Hypertension/coronary artery disease	Hyperlipidemia/Stroke
Liver Disease	

Inquiries are encouraged. Please ask us questions; A change in decision does not create a problem

Way in which contraceptives are prescribed:

- A complete physical examination is done, including blood pressure, weight, gynecologic examination with Papanicolaou smear (unless one was done within the past year).
- If more than 3 months have elapsed since a complete physical examination, you may need a pelvic examination done prior to being prescribed a contraceptive medication.
- You must review and sign this informed consent prior to your first prescription for the NuvaRing and yearly thereafter.
- You will be given a copy of these instructions.
- You may transfer your records from another clinic or physician's office.

How to Take this Medication

- Follow all instructions on how to use this hormone ring and when to start (days 1-5 of your menstrual cycle). Wear each ring for 3 continuous weeks, then remove it for a 1 week period. A new ring is inserted one week after the last ring is removed and a new cycle begins again. Wash and dry your hands. Open the reclosable foil pouch container. Remove the ring from the container and save the pouch for disposal of the ring after it is used. Insert the ring into your vagina. Keep the ring in place for 3 continuous weeks (21 days). When placed properly, you should not feel the ring and it will not interfere with sexual intercourse. Remove the ring on the 4th week on the same day of the week and about the same time as you placed it. This will be the start of a one week (7 day) ring-free break. Put the used ring in the foil pouch and discard in the trash container. **Do not flush the used ring down a toilet.** Your menstrual cycle (period) should usually start within 2 to 3 days after the ring is removed. After the 4th week, insert a new ring on the same day of the week and about the same time as during the last cycle.
- You must insert the new ring one week after the last one was removed, even if your menstrual bleeding has not stopped. Do not go longer than 7 days without a ring. Doing so may make this product less effective.
- If the ring falls out of the vagina, rinse it with cool to lukewarm (not hot) water and re-insert as soon as possible, within 3 hours maximum. If the ring has been out more than 3 hours, you may not be protected from pregnancy. In this case, rinse the ring, re-insert as soon as possible, and use a back-up method of birth control (e.g., condoms, spermicide) until the ring has been in place for 7 continuous days.
- If you have left the ring in place for longer than 3 weeks, but less than 4 weeks, remove it, wait 1 week, then insert a new ring. If you have left the ring in place for longer than 4 weeks, your body may not have enough hormones to protect you from pregnancy. Remove the ring and check to make sure you are not pregnant. If pregnant, contact your physician. If not pregnant, insert a new ring and use a back-up method of birth control (e.g., condoms, spermicide) until the new ring has been in place for 7 continuous days. **A diaphragm is not recommended as a back-up method of birth control** with this ring because this device may interfere with the correct placement of a diaphragm
- Some medications can decrease effectiveness or cause other problems (e.g. break-through bleeding). Always mention to your health care provider and pharmacist that you are on birth control medication prior to starting any other medication. Also tell us if you are on any medications prior to starting birth control medication. Use a back-up method of birth control if you have any doubts about the possibility of a drug interaction.
- If you are taking prescribed antibiotics for an illness, you should continue your Nuvaring, but use a back-up.
- If you aren't sure what to do about the Nuvaring, use a back-up method any time you have sex and keep using the Nuvaring until you can talk with your health care provider.

Storage: Keep in the Refrigerator (DO NOT FREEZE) if multiple months are purchased.
May store at room temperature for 1-2 weeks

Do not use after the expiration date. Do not store in the bathroom. Keep all medicines away from children and pets.

AVOID DIRECT SUNLIGHT AND DO NOT STORE ABOVE 86⁰F (do not leave in car)

I have read the above material and it has been fully explained. I have been given the opportunity to ask questions and I understand the information. I have chosen the NuvaRing as my contraceptive device.

Signed: _____

Date: _____

Witness: _____

Date: _____

Contact us at 254-968-9271 if you develop any of the above problems