



Central Montana Family Planning
505 West Main St, Suite 108 - Lewistown, MT 59457
(406) 535-8811 phone & fax
<http://www.cmtfp.org>

VAGINAL RING CONSENT

NAME: _____ DOB: _____ PATIENT #: _____

THIS CONSENT IS FOR THE FOLLOWING METHOD OF CYCLING (CHECK ONE):

- Withdrawal bleed monthly**
- Withdrawal bleed 3 times per year (every 4 months as prescribed)**
- Withdrawal bleed 1 time per year (as prescribed)**
- No withdrawal bleed (cessation as prescribed)**

BENEFITS:

The vaginal ring is an effective (92 - 99%) form of birth control when used correctly. It is likely that women who use the ring will have the following benefits:

- Predictable, regular menstrual cycles
- Decrease in ovarian and uterine lining cancer
- Decreased risk of infection of the pelvis (PID)
- Decreased menstrual cramps and blood loss
- Less iron deficiency anemia
- Less acne
- Decrease in non-cancerous breast tumors and ovarian cysts

In addition, vaginal ring users have the benefit of not having to remember a pill every day or a patch every week. You only need to insert a ring into the vagina and keep it in place for three weeks in a row, with one week off, before you insert a new ring.

RISKS & COMPLICATIONS:

Users of combined hormonal birth control methods such as the ring may have slightly greater chance than non-users of developing certain serious problems. This is based on studies of women who use combined birth control pills. These serious problems include:

- Blood clots in the legs that can travel to the lungs
- Stroke
- Heart attack
- Gallbladder disease
- Liver tumors

The chances of developing serious health problems listed above increased with age over 35 years old and when certain other health risk factors are present, such as:

- Smoking
- High blood pressure
- High levels of blood cholesterol or fat
- Diabetes

DISEASE:

NuvaRing does not protect against sexually transmitted infections, including HIV. If you or your partner have or have had other sexual partners, you should also use latex or polyurethane condoms to prevent sexually transmitted infections.



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POTENTIAL SIDE EFFECTS: (Many of these fade away within 1-3 months of use)

Most Common Side Effects

- Vaginal infections and irritations
- Vaginal discharge
- Headache (let us know if you have an increase in headaches with use)
- Weight changes
- Nausea

Less Common Side Effects

- Vomiting
- Changes in appetite
- Abdominal Cramps or bloating
- Breast tenderness or enlargement
- Irregular vaginal bleeding or spotting
- Changes in menstrual cycle
- Temporary infertility after treatment
- Fluid retention
- Spotty darkness of the skin, especially the face
- Rash
- Depression
- Intolerance to contact lenses

DECISION TO STOP THE VAGINAL RING:

FOR METHOD CHANGE: It is best to discontinue using the vaginal ring at the end of the three-week cycle. At that time you should begin your new method of contraception per your health care provider's instructions. It is important to remember that once you stop using the ring, you are not protected against pregnancy (unless condoms and/or another method is used).

FOR PREGNANCY: There may be some delay in becoming pregnant after you stop using the vaginal ring, especially if you had irregular menstrual cycles before. Once stopping the vaginal ring, it may be best to wait to get pregnant until you begin menstruating regularly to better help you identify the date of conception. *There does not appear to be any increase in birth defects in newborn babies when pregnancy occurs soon after stopping hormonal contraceptives.*

DANGER SIGNS:

You should watch for the following danger signals and report any to a clinician immediately:

- Sharp or rushing chest pain or coughing blood
- Shortness of breath
- Unusual swelling or pain in the legs or arms
- Sudden severe headaches
- Eye problems such as blurred vision or double vision or loss of vision
- Severe pain in the stomach or abdomen
- Yellowing of the skin or eyes
- Severe depression
- Unusually heavy bleeding from the vagina
- New lump in your breast
- No period after having a period every month

IN CASE OF EMERGENCY:

- A 24-hour emergency telephone number is (406)-535-7711
- The nearest hospital/urgent care clinic is CMMC at 408 Wendell Ave Lewistown, MT 59457

ALTERNATIVES: I understand that there are other methods of birth control that I could use.

GENERAL INSTRUCTIONS: Each vaginal ring is inserted for three weeks (21 days). You should not insert a ring during the 4th week (7 days total). Your withdraw bleed should start during this ring-free week. On the day after week four ends, you should begin a new three-week cycle by inserting a new ring. If you forget to remove your ring or if it accidentally slips out of your vagina, refer to the package insert to determine if a back-up method of birth control is necessary to prevent pregnancy. ***The Ring must be stored in a refrigerator when not in use.*** SEE THE PACKAGE INSERT FOR SPECIFIC INFORMATION ON WHEN TO START THE VAGINAL RING, WHEN TO USE A BACK-UP METHOD, AND OTHER INFORMATION.



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How:

- If you have chosen to have a monthly withdrawal bleed, see the “General Instructions” above.
- If you have chosen to cycle with a withdrawal bleed 3 times per year, insert a ring on a particular date each month. Leave it in the vagina until the same date next month, then remove it and insert a new ring that same day. Repeat until the fourth package (ring). After the 3rd week of the fourth ring, remove the ring & do not insert another one for 3 days. Expect a very light bleed. After your 3-day bleed insert a new ring. Repeat this process.
- If you have chosen to have 1 withdrawal bleed a year, then insert a ring on a particular date each month. Leave it in the vagina until the same date next month, then remove it and insert a new ring that same day. Repeat this process until the end of the year (for example, just before your annual exam). At that time remove the ring and do not replace for 3 days. You may or may not have bleeding at this time. On the 4th day, insert a new ring.
- If you’ve chosen to have NO withdrawal bleed, insert a ring on a particular date each month. Leave it in the vagina until the same date next month, then remove it and insert a new ring that same day. Repeat this process.

***Switching from a pill (combination progestin and estrogen)**

You can start NuvaRing® on any day—but the latest day you can begin on is the day after taking your last “inactive” (hormone-free) pill. If you have been using your birth control consistently and correctly, you should not need an extra birth control method when you transition.

***Switching from a patch (combination progestin and estrogen)**

You can start NuvaRing® on any day—but the latest day you can begin on is the one following your usual patch-free week. If you have been using your hormonal birth control consistently and correctly, you should not need an extra birth control method when you transition.

***Switching from a mini-pill (progestogen-only)**

You can start NuvaRing® on any day. During the first 7 days of using NuvaRing®, be sure to use an extra method of birth control (such as a condom or spermicide).

***Switching from an injection (progestogen-only)**

You should start NuvaRing® on the day when your next injection would be due. During the first 7 days of using NuvaRing®, be sure to use an extra method of birth control (such as a condom or spermicide).

***Switching from an intrauterine system (IUS) or implant (progestogen-only)**

You should start NuvaRing® on the day your IUS or implant is removed. During the first 7 days of using NuvaRing®, be sure to use an extra method of birth control (such as a condom or spermicide).

If you haven’t used a hormonal birth control in the past month or have been using only condoms, a diaphragm, or other barrier method of birth control in the past month:

Count the first day of your menstrual period as Day 1, and insert your first NuvaRing® into your vagina on or before Day 5 (but no later, even if you have not finished your period). During this first cycle, use an extra method of birth control, such as male condoms or spermicide, for the first 7 days of NuvaRing® use. If you insert NuvaRing® on Day 1, it is not necessary to use an extra method of birth control.

OTHER MEDICATIONS: If you are seen by a medical service provider for another problem be sure to tell him/her that you are on the vaginal ring. Some prescribed medications, such as antibiotics, may affect the effectiveness of the vaginal ring. Condoms are advised.

I have read and understand these instructions, and any questions I may have had were answered.

Patient Signature

Date



Witness Signature

Date

How to insert NuvaRing®



After washing and drying your hands, remove NuvaRing® from the foil pouch. Holding NuvaRing® between your thumb and index finger, press the sides together while lying down, squatting, or standing with one leg up—whatever is most comfortable for you.

Gently push the folded ring into your vagina. If you feel discomfort after inserting NuvaRing®, slide it farther in until it feels comfortable. **The exact position of NuvaRing® is not important for it to be effective.** Once inserted, keep NuvaRing® in place for 3 weeks in a row.



How to remove NuvaRing®

Remove the ring 3 weeks after insertion on the same day of the week it was inserted at about the same time. Hook your index finger under the forward rim or hold the rim between your index and middle finger.



Gently pull out NuvaRing®. Dispose of NuvaRing® in a waste receptacle out of the reach of children and pets. Do not throw it in the toilet. **To continue to have pregnancy protection, you must insert a new ring 1 week after the last one was removed even if your period has not stopped.**