



## Hey-Look What's New

### NuvaRing-Contraceptive Vaginal Ring

#### **What is it?**

The NuvaRing is a highly effective, monthly vaginal ring used to prevent pregnancy. The NuvaRing is inserted vaginally during the first 5 days of a menstrual period. It is left in place for 3 weeks and then removed for 1 week.

#### **How does it work?**

The ring delivers continuous levels of 2 hormones, estrogen and progesterone through the vagina and into the blood stream. It is 99% effective.

#### **What are the side effects?**

**Minor:** Some of the most common side effects are similar to that of birth control pills that may include vaginal irritation, discharge and headache and nausea.

**Major:** Serious side effects include blood clots, stroke, heart attack and high blood pressure. Risk of these side effects is increased in cigarette smokers.

#### **Where can I get more information?**

If you would like more information, contact the Student Health Services @ 715/232-1314. If you are interested in starting this method or switching to the NuvaRing, please make an appointment with one of the health services practitioners or with your personal medical provider. Or on the web at [www.nuvaring.com](http://www.nuvaring.com)

**Cost of the NuvaRing through the Student Health Services: \$7.00/per ring**