

*South Dakota
Family Planning Clinics*

Brown County Community Health Center Aberdeen, SD 57401	626-2628
Urban Indian Health Aberdeen, SD 57401	225-1538
Douglas County Public Health Armour, SD 57313	724-2758
Perkins County Community Health Bison, SD 57620	244-5978
SDSU Student Health Clinic - Brookings Brookings, SD 57007	688-6622
Gregory County Community Health Burke, SD 57523	775-2634
Brule County Public Health Services Chamberlain, SD 57325	734-0180
Custer Community Health Custer, SD 57730	673-2847
Ziebach County Community Health Dupree, SD 57623	365-5163
Meade County Community Health Faith, SD 57626	967-2150
Moody County Public Health Services Flandreau, SD 57028	997-3779
Fall River Community Health Hot Springs, SD 57745	745-5135
Miner County Community Health Howard, SD 57349	772-5381
Women's Health & Education Center Huron, SD 57350	352-8384
Dewey County Community Health Isabel, SD 57633	466-2474
Jackson County Community Health Kadoka, SD 57543	837-2240
Charles Mix Community Health Lake Andes, SD 37356	487-7094
Perkins County Community Health Lemmon, SD 57638	374-5962
Lake County Community Health Madison, SD 57042	256-5309
Bennett County Community Health Martin, SD 57551	685-1089
Grant County Community Health Milbank, SD 57252	432-4596
Hand County Public Health Services Miller, SD 57362	853-2147
Mitchell Family Planning Mitchell, SD 57301	995-8040
Walworth Public Health Services Mobridge, SD 57601	845-8127
Haakon County Community Health Philip, SD 57567	859-2467
Pierre Area Family Planning Pierre, SD 57501	773-4937
Urban Indian Health Pierre, SD 57501	224-8841

Charles Mix Community Health Platte, SD 57369	337-3996
Community Health Center of the Black Hills Rapid City, SD 57701	721-8939 Ext. 236
Spink County Community Health Redfield, SD 57469	472-2434
Sanford Clinic Downtown Healthcare Sioux Falls, SD 57103	334-5099
Urban Indian Health Sioux Falls, SD 57104	339-0420
Roberts County Community Health Sisseton, SD 57262	698-4183
Family Health Education Services Spearfish, SD 57783	642-6337
Dewey County Community Health Timber Lake, SD 57656	865-3587
Bon Homme County Community Health Tyndall, SD 57066	589-4318
Vermillion Area Family Planning Vermillion, SD 57069	638-8681
Charles Mix Community Health Wagner, SD 57380	384-3487
Watertown Family Planning Watertown, SD 57201	882-1852
Jerauld County Community Health Wessington Springs, SD 57382	539-1271
Tripp County Public Health Services Winner, SD 57580	842-7166
Yankton Area Family Planning Yankton, SD 57078	665-8838

NuvaRing



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South Dakota Family Planning

Department of Health
615 E. Fourth
Pierre, SD 57501-1700
(605) 773-3737

What is NuvaRing?

NuvaRing is a highly effective reversible method of contraception that is placed high in the vagina once every 28 days. The ring is a flexible, soft, transparent ring containing the hormones, estrogen and progestin. It is kept in place for 21 days and removed for a 7-day ring free period to permit withdrawal bleeding.



How does the ring prevent pregnancy?

The hormones are released into the vagina and absorbed into the blood stream continuously. The ring prevents pregnancy the same way as birth control pills: preventing ovulation, causing changes in the cervical mucus so that sperm cannot get through, and changing the lining of the uterus.

How effective is the ring?

Like birth control pills, the vaginal ring is highly effective and is over 98% effective in preventing pregnancy when used correctly. It offers no protection against HIV/AIDS and other sexually transmitted infections.

How do I use the ring?

- If this is the first time you are using the ring, wait until the day you get your menstrual period. Insert your first ring during the first 24 hours of your menstrual period or up to day 5 of your cycle. If you do not insert it during the first 24 hours of your period, you should use another method of birth control such as condoms and spermicides for the first seven days.

- Insert the ring into your vagina by compressing the ring and gently pushing the ring high in your vagina. You may use any position that is most comfortable: standing with one leg up, squatting, or lying down.
- Leave the ring in place for 3 weeks. Do not remove for intercourse.
- Remove the ring after 21 days by hooking the index finger under the forward rim or by grasping the rim between your index and middle finger and pulling it out. Because a used ring still contains some active hormones, you should place the ring in its foil pouch and dispose of in a waste receptacle out of reach of children or pets. Do not flush it down the toilet.

What if the ring slips out?

- If the ring slips out, it should be rinsed and reinserted as soon as possible. If it is out less than 3 hours, you should still be protected from pregnancy.
- If the ring is out for more than 3 consecutive hours during the first 2 weeks, reinsert the ring and **use a back-up** method, such as condoms or spermicides for the next 7 days.
- If the ring is out for more than 3 consecutive hours during the third week, you should insert a new ring and **use a back-up** method for the next 7 days. You may not have a normal period and experience breakthrough bleeding or spotting during this cycle.

What if you forget to reinsert the ring?

- If you forget to reinsert the ring after the 7 day ring free period, insert the ring as soon as you remember. The possibility of pregnancy is increased. You must use a back-up method for one week.

What if you forget to remove the ring?

- If the ring has been left in your vagina for an extra week or less (four weeks total or less), you will remain protected. Remove the ring and insert a new ring after a one-week free period. No back-up method is needed.
- If the ring has been left in place longer than four weeks total, you may not be adequately protected from pregnancy. After checking to be sure you are not pregnant, insert a new ring. Use a back-up method until the ring has been in place 7 days.

Can you use tampons when using NuvaRing?

Use of tampons will not reduce the effectiveness of the ring. Care should be taken when removing tampons to be sure that the ring is not accidentally pulled out. If this does happen, it should be rinsed with cool to lukewarm water and reinserted.

Can you use vaginal medications when using NuvaRing?

Use of spermicides or vaginal yeast products will not reduce the effectiveness of NuvaRing.

What are the side effects?

Since the hormones are similar to those in the birth control pills, the side effects are also similar. The most common side effects are breast tenderness, headache, and nausea. Other side effects specific to the ring include vaginal infections, irritation, and secretions. More serious risks include blood clots, stroke and heart attack. This risks increase if you smoke or use tobacco.

Cigarette smoking increases the risk of serious cardiovascular side effects when you use combination contraceptives. Women who use NuvaRing are strongly advised not to smoke.