

## How to use the Birth Control Ring (Nuva Ring)

1. Start using the ring during days 1 - 5 of your period.
2. Wash your hands. Use your thumb and fingers to squeeze the ring together.
3. Put the ring in your vagina. Put it as far into your vagina as you can. It will work as long as it is in the vagina somewhere.
4. Mark the date that you put the ring in on a calendar.
5. Leave the ring in your vagina for 3 weeks. You do not have to take it out for any reason. You do not have to clean the ring or take it out after you have sex.
6. After 3 weeks, use your finger to hook the ring. Pull it out of your vagina.
7. Wait for 7 days (1 week). You will get your period during this week.
8. After 7 days, put a new ring in your vagina. Always put the ring in on the same day of the week.

