

English : <https://sexandfacts.ch/en/>

Der Vaginalring / L'anneau vaginal

Vaginal ring

The soft plastic ring (diameter 54 mm) is inserted into the vagina. It contains synthetic hormones (oestrogen and progestogen) similar to those produced by the female body. In certain cases, these hormones may affect your health. It is best to talk to a doctor about your personal situation.

How it works

The vaginal ring

- **prevents ovulation** (release of an egg) as the ovaries become inactive.
- **alters the lining of the uterus** (endometrium) so that implantation of a fertilised egg is not possible.
- **makes the cervical mucus thicker**, thus preventing sperm from entering the uterus.

If used correctly, the method of contraception prevents pregnancy.

How to use it

Insert the ring into the vagina and **leave it in place for 3 weeks without interruption**. Remove the ring after 3 weeks and **take a one-week break**. Then start again with a new ring.

- The **first time you use a ring**, insert it into your vagina on the **first day of your period (menstruation)= immediate protection**. If you start using the method after the second day of your menstrual cycle (period), use a condom for seven days.
- Insert a new ring after the 7-day ring-free break on the **same day of the week** that you inserted the first ring.

If used correctly, the method also guarantees protection during the pill free week.

Bleeding starts during this pill free week. It is normally lighter and less painful than a normal period (menstruation).

Example

- First insertion of the ring Wednesday 10 p.m. removing it 3 weeks later, Wednesday 10 p.m.
- Stop using the ring for 1 week, then insert a new ring at 10 p.m. on Wednesday. The break must

never be longer than seven days.

How to put it in place

1. Flatten the ring between your thumb and index finger.



2. Insert it into the vagina.
3. Push it as far back as possible. The ring should stay in place. If you think that you can feel it, then try and push it further back.
4. To remove the ring, insert a finger into your vagina, hook your finger through the ring and pull the ring out. Throw it in the bin.



If you ...

...experience **breakthrough bleeding** while using the contraceptive, this is nothing to worry about. Keep using the vaginal ring as usual. If the irregular bleeding continues in the months following, consult a doctor.

...**are taking any medicine**, ask a doctor or a chemist whether you are still protected. Preparations containing St. John's wort, some antibiotics, certain antiepileptic drugs and HIV medication can reduce the contraceptive effect. Keep taking or using the contraceptive and use a condom during sex.

...**stop using this method of contraception**, the contraceptive effect ceases immediately. We recommend that you wait until the end of the third week before removing the ring.

... **experience no bleeding during the break**, insert a new ring on the planned date and consult a [sexual health centre](#) or a doctor.

Forgot to remove the ring at the end of the 3rd week

- Remove the ring as soon as possible and insert a new ring on the day originally planned. Continue

as normal.

Forgot to insert a new ring after the one week break

If you do not use a ring for more than 7 days (or if the same ring remains in your vagina for longer than four weeks) effective contraception is no longer guaranteed.

If you have not had sexual intercourse in the previous 5 days:

- Insert a new ring as soon as possible and also use a condom for the next seven days.

If you have had sexual intercourse within the last 5 days:

- Request [emergency contraception](#) as soon as possible and follow the instructions given by a qualified professional.
- Use condoms until the contraceptive pill is effective again. How long you need to do this for will depend on the type of emergency pill that you use.

If the ring comes out accidentally:

If the ring has been outside your vagina for LESS than three hours, protection is still guaranteed.

- Rinse the ring with cold or lukewarm water (do not use soap) and reinsert it, or use a new ring

If the ring has been outside your vagina for MORE than three hours, protection is no longer guaranteed.

Without sexual intercourse within the last 5 days

- Reinsert or replace the ring and also use a condom for the next seven days.

If you had sexual intercourse within the last 5 days

The 1st week of using the ring:

- Request [emergency contraception](#) as soon as possible and follow the instructions given by a qualified professional.
- Use condoms until the contraceptive pill is effective again. How long you need to do this for will depend on the type of emergency pill that you use.

The 2nd week:

- Reinsert or replace the ring and also use a condom for the next seven days

The 3rd week:

- Insert a new ring and leave it in place for three weeks without interruption. The day on which you inserted the new ring becomes your new reference day.

Good to know

- The best way to protect yourself against HIV or other sexually transmitted infections is to practice safer sex. This means:
 1. Use a condom during sexual intercourse with vaginal or anal penetration.

2. Further information can be found at www.lovelife.ch

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