

# VAGINAL RING (NUVARING) TROUBLESHOOTING

## What do I do if I forget to put the ring back in after my ring-free week?

### If you are less than 24 hours late:

- insert it as soon as you remember
- you will be still protected against unplanned pregnancy

### If you are more than 24 hours late:

- insert it as soon as you remember
- use condoms for the next 7 days

If you had unprotected sex during the ring-free week and were more than 24 hours late putting the new ring in you may be at risk of pregnancy. You could use the emergency contraceptive pill - please see your pharmacist, GP or Family Planning clinic as soon as possible for advice regarding emergency contraception.

## What do I do if the ring accidentally comes out?

### If the ring has been out of the vagina for less than 24 hours:

- rinse it with cool water and put it back in as soon as possible
- you will still be protected against unplanned pregnancy

### If the ring has been out of the vagina for more than 24 hours:

- rinse it with cool water and put the ring back in as soon as you remember
- use condoms for 7 days

If the ring has been out of the vagina for more than 24 hours during the first week and you have had unprotected sex in the previous 5 days you could use the emergency contraceptive pill.

If the ring has been out of the vagina for more than 24 hours during the third week, put in a new ring straight away and leave it in for the next 3 weeks. You may get some spotting.

## What do I do if I forget to take the ring out after 3 weeks?

### If the ring was left in for more than 3 weeks but less than 4 weeks:

- take it out and put a new ring in when you were originally meant to
- leave it in for the next 3 weeks

### If the ring was left in for more than 4 weeks:

- take the ring out and put a new one in straight away
- use condoms for the next 7 days
- if you have had unprotected sex in the previous 5 days - please see your GP or Family Planning Australia clinic for advice regarding emergency contraception

### If you are not sure what to do:

- talk to a GP
- talk to a Family Planning Australia nurse or doctor
- call the Family Planning Australia Talkline on 1300 658 886 for advice

## For more information

- Visit your nearest Family Planning Australia clinic [fpnsw.org.au/clinics](https://fpnsw.org.au/clinics)
- Chat to a nurse via Talkline – 1300 658 886 or [fpnsw.org.au/talkline](https://fpnsw.org.au/talkline)
- National Relay Service (for people who are d/Deaf, hard of hearing or have speech communication difficulties) – 133 677
- Translating and Interpreting Service (TIS National) – 131 450
- Family Planning NSW client resource on contraception – What suits me? [fpnsw.org.au/health-information/contraception/contraception-options](https://fpnsw.org.au/health-information/contraception/contraception-options)