

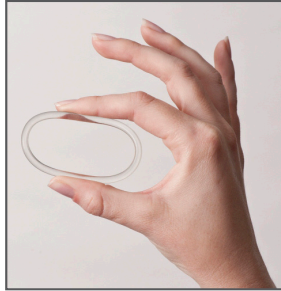
Fact Sheet - Dinka

MĒLĀŅ-WATH (NUVARING®)
The Vaginal Ring (Nuvaring®)



Mēlāņ-Wath Ye Kē Yīndä?

Mēlāņ-Wath a cōl NuvaRing®. Yeen ee mēlāņ alōōt kōckōc ku a lāāu yic ka dōt cēntamētaa ka dhiēc ku abak. Yeen a leņ yic yōrmoon cōl yīthorōjin ku porojethōjin, thōņ ke kā dhie rēēr pil pēn liēc yic. Yeen a ye tāāu wanh du yic ku yōrmoon aa bī guāp du jal joooc rin bī gēl ba meth cī yōk. Diāār aa ce mēlāņ-wath ye yōk tē ye ņieć riēc wath yic.



Ye Luui Kadä?

Mēlāņ-wath ee rēēr wath yic wiik ka diāk. Ku jal bēēy bei, bē rēēr ayeer wiek tōk. Ye kaam kēnē yīn a bē kuēr rim thik nyot cīt thēk wic thōk, ku na cē nīn ka dhorou wan ka yīn ben mēlāņ yam tāāu wath yic. Yōrmoon keen tōu thīn aa wuōk ē adhiēēt pēen peey thok ebēn bik toņ cī poc dhēlic, keya ka cīn tē liēc nyantik.

Ye Dīec Luui Kadä?

Na ņieć mēlāņ-wath riēc wath yic ka ņieć luui tēn tik tē wār 99 buōotic. Keya, tē tik 100 mēlāņ ņieć riēc wēth ken yīic ruōōn yic, ka tiņ yōk meth kam ken a dēēk tōk. Ku na tēēu weeth tē mēn theer ye kāņ luōoy thīn ka luōn de a wēēc amāāth rēk bē diāār ka dhoņuan buōotic mīth yōk ruōōn. Apath ba dhiel ya tak ba bēēy bei ku lōōk kēn yam thīn kaam cē lēk yīn.

Yeņa Cē Pāt Bē Ceņ Mēlāņ-Wath?

Diāār juāāc aa cē pāt bik ceņ mēlāņ-wath. Na ye piil yī muōr nhom abak, ka lēu ba mēlāņ ceņ, tē cīn wic wāl gēl liēc dēlcōk wālā wal kōk ē IUD.

Yeņa Cē Pēn Cēņcēņ ē Mēlāņ-Wath?

Diāār aa ye pēn cēņcēņ ē mēlāņ-wath tē cī rim kaņ kōc cōk yīic, tē cī rāāl yic kaņ pāt nyith yic wālā tē cī puōu kaņ kōōc, tē leņ yen tuany cuēny, tē ket riem apey, tē ęer tik nhom wālā tē tueny tik wenh nyōu. A lēu bē yī pēn mēlāņ-wath tē thuēt meth thīn ku manh du a kēc pēy ka 6 dōōt. Apath ba jam kek akiēm du rin ba ņieć lōn peth yen ba ceņ mēlāņ-wath. A leņ wal kōk mēlāņ-wath pēen bē cī ņieć luui ku wal kā aa bī akīm lēk yīn ku akīm a bī lēk kōk path ba ke ņieć ka yī kēc cēņcēņ ē mēlāņ-wath gua goōc.

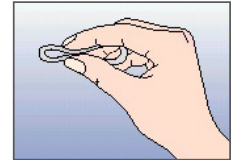
Leņ Kē Lēu Bē Wāāc?

Diāār juāāc aa cīn kēn wāāc ke gup ke cēņ mēlāņ-wath, bē ya kēdāņ diāār kōk aa laņ kāk wāāc tēn keek pēy tuēņ yīic. Tekdā ka yīn a bē reem nyōu, ku ęar yī nhom ku ye yī lōōt (bī gām juāi). kēn ee ņuēēn tē cī peey ęet pēy ka rou wan. Kē rēec ye mēlāņ-wath looi guōp yic a ce rot lac looi, bē ya kēdāņ yen peth yen ba akiēm du thiēc bī lēk kā lēu bik wāāc.

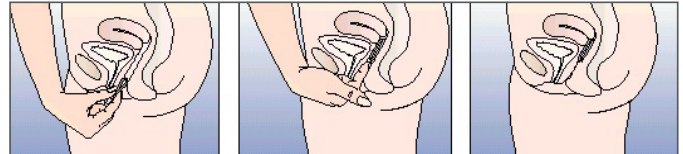
Ye Mēlāņ-Wath Tāāu Wath Yic Kadä?

Rōōm mēlāņ yic ciin bundit ku ciin nyuōth (Cuura 1). Gac wanh du yic amāāth (Cuura 2). A cīn tē peeth cē loc tēn yīn – na cīn tē thiin ye yōk jōōr, ka piēc wath yic ba ęeet tē ye wath thok rōm thīn kek adhiēēt-thok. Yeen a bī acuek kuun wath dam nyien, ku a cī lēu bē cēr bei cōkalōn tuuk yīn wālā tē tēē yīn ke moc.

(cuura 1)



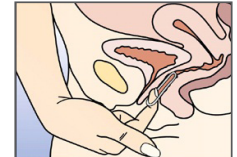
(cuura 2)



Ye Miēēt Bei Kadä?

Na wic ba mēlāņ miēēt bei ka yī gec yī ciin wath yic, ku rōk thok ku miēēt bei (Cuura 3).

(cuura 3)



Cuuraa 1-3 aa cī MSD Oss B.V., ka ye aguir ē Merck & Co., Inc., Whitehouse Station, New Jersey, USA pā yook bī yok luui. Yīth ebēn aa tōu aa muk. NuvaRing® aa rin cē gāt piny bī MSD Oss B.V luui tajiir.

www.fpnsw.org.au | **telepun ē jam 1300 658 886** | **dukān athōr**

loilooi ē kīim & lēk | piōōc & nyuuth | jāc | guiēr ē pinynhom

Aguir ē Guiēr ē Maethok NSW a ce wēū luōōi bik dhiēt ku wēū keen yen luui aa bēn tēn Amathōm ē Pialguōp NSW

Lēk tōu athōr kēn yic a cē gāt ka ye kē lēk koc path ku cīn dēd lēu bī raan looi yeen. Aguir ē FNPNWSW a cē kē riēc ebēn guir rin bē lēk kēn ya lēk la cōk ku tēu nyien kōōl wāār gēt yeen. Na leņ raan dīeer alōņ tē deen bī yen dhiēt thīn wālā alōņ tē deen bī yen pial thīn tē tēēc yen ke moc/ tik, ka yeen apath bē la tēn akiēm de bē yeen la wēēt ku kony yeen; tēdā ka lēu bē la Panakīm ē Guiēr Maethok.
Beeric: Pendhētem 2014/FPNSW 06/14

Yejö Bë Rot Looi Të Mëër Yën Nhom Ba Cî Tëëu?

Na ca gääu tëëu mëlän-wath kaam wan thää 24 ka kác cej wik yic, ka loc loc ka cîn agäau të wën tek yîn yeen ku tit rot kã kök ye liéc gël (cëmën kondoom) nîn ka dhorou. Na ye keya, ku yîn a cë yök ke wik wäär kéc yîn ye cej yic ka tekda ba liéc ku apath ba dek pil gël liény cuöj yîin (ECP), ku a ba yoc dukän wal yic ka kéc akim gät yîin.

Yîn a cë lëk ba mëlän-wath puöl wath yic wiik ka 3. Na cë bëëy bei weeth ye kaam kën yic ku rëer ka liu weeth kaam kéc thää 24 tuööm ka loc lok kôu piu lir ku dhuök weeth ka cîn agäau. Keya, ka lëu bë nuot gël liéc.

Na cë mëlän-wath bëëy bei bë rëer ka liu weeth kaam wan thää 24, ka loc lok kôu piu lir ku dhuök weeth ka cîn agäau. Ku na ye keya, ka path ba rot tiit liéc kã kök ye koc röt tiit (cëmën kondoom) nîn ka dhorou.

Na cë mëlän-wath bëëy bei bë rëer ka liu weeth kaam wan thää 24 wik diäk yic, ka yî löök mëlän yam thîn ka cîn agäau – ku kën a bë tiët pen dëd bö gol. Tekda bë kuër ë thëk liu, ku a lëu bë laj thiu loi rot.

Ba Mëlän-Wath Yök Tëno?

Yîn a cë lëk ba dhiel la tën akim bî gät mëlän-wath. Ku jol warak cë gät yîin yäth dukän wal yic bîn la yoc mëlän-wath.

Na wic ba lëk kök yök

- *Jam kek aguir ë Guiër ë Macthok NSW telepun ë jam 1300 658 886 wälä nem lökayukar: www.fpnsw.org.au/talkline*
- *NRS (raan cîn ye yic) 133 677*
- *Wälä löc Panakim ë Guiër ë Macthok töu akeunhom*

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Aguir ë Guiër ë Macthok NSW a ce wëu luöoi bik dhiët ku wëu keen yen luui aa bën tën Amathöm ë Pialguöp NSW

Lëk töu athör kën yic a cë gät ka ye kë lëk koc path ku cîn dëd lëu bî raan looi yeen. Aguir ë FNPNSW a cë kë riëc ebën guir rin bë lëk kën ya lëk la cök ku töu nyien kööl wäär gët yeen. Na lej raan dieer alonj të deen bî yen dhiët thîn wälä alonj të deen bî yen pial thîn të tëec yen ke moc/tik, ka yeen apath bë la tën akiem de bë yeen la wëet ku kony yeen; tëda ka lëu bë la Panakim ë Guiër Macthok.

Beric: Pendhëtem 2014/FPNSW 06/14

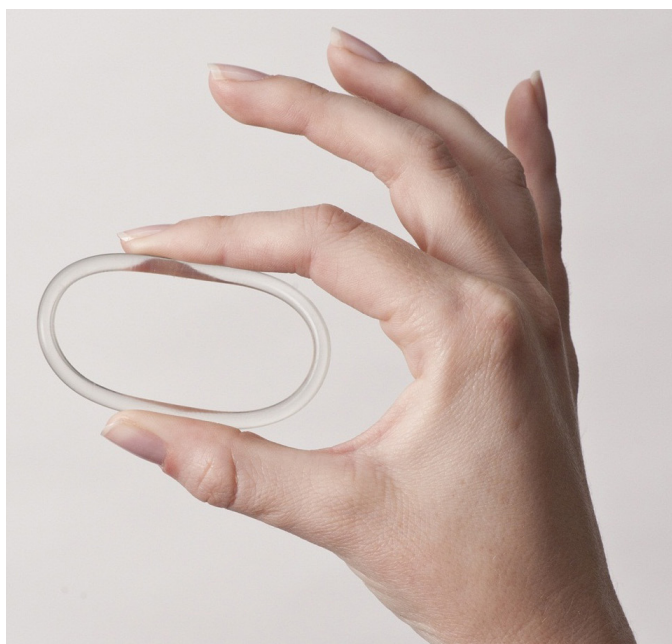
Fact Sheet - English

THE VAGINAL RING (NUVARING®)



What Is The Vaginal Ring?

The vaginal ring is called a NuvaRing®. It is a soft plastic ring about five and a half centimetres across. It contains the hormones oestrogen and a progestogen, similar to the combined contraceptive Pill. It is placed in your vagina and the hormones are absorbed into the body to stop you getting pregnant. Most women cannot feel the vaginal ring once it is in place.



How Does It Work?

The vaginal ring stays in the vagina for three weeks. Then you take it out, for a week. You will have a light period-like bleed, and after seven days you put a new ring in your vagina. The hormones stop a woman's ovaries from releasing an egg each month, so a pregnancy cannot begin.

How Well Does It Work?

With perfect use the vaginal ring is more than 99% effective. This means that if 100 women use it correctly for one year, less than one will become pregnant. With typical or 'real life' use it is less effective with up to nine women in every hundred becoming pregnant in a year. You need to remember to take it out and put a new one in again at the right time.

Who Can Use The Vaginal Ring?

Most women can use the vaginal ring. It is good if you find it hard to remember to take a pill every day, and is an alternative to the implant or an IUD.

Who Should Not Use The Vaginal Ring?

Women should not use the vaginal ring if they have had a blood clot in their leg, a stroke or heart attack, liver problems, high blood pressure, certain types of migraine, or breast cancer. You may not be able to use the vaginal ring if you are breastfeeding and your baby is less than 6 months old. It is very important to talk with your doctor to make sure it is safe for you to use the vaginal ring. Some other medications can stop the vaginal ring from working properly and the doctor will tell you about these and other things you need to know before you decide to use it.

Are There Any Side Effects?

Most women feel well while using the vaginal ring, but it is common to have some side effects at first. You may have sore breasts, headaches or nausea (feeling sick). This usually settles down after one to two months. Serious health problems caused by the vaginal ring are rare, but ask your doctor to tell you about them.

How Is The Vaginal Ring Inserted?

Squeeze the ring between your thumb and index finger (figure 1). Gently insert it into your vagina (figure 2). There is no correct position – if it feels uncomfortable, slide it further into your vagina. Your vaginal muscles will keep it in place, even during exercise and sex.

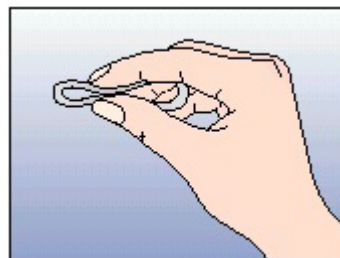


Figure 1

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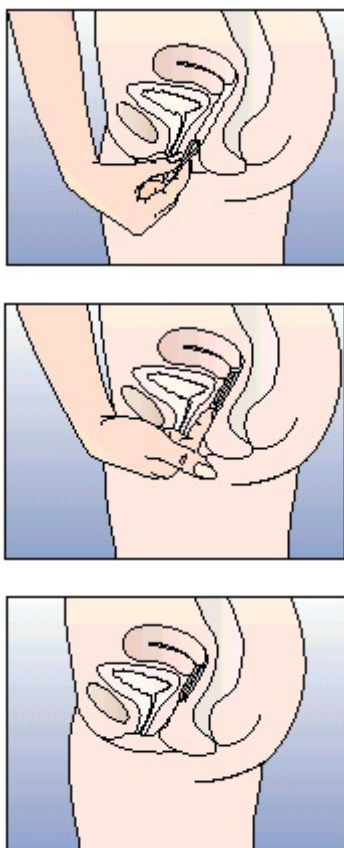


Figure 2

How Is It Taken Out?

To remove the ring simply put your finger into your vagina, hook it around the ring and pull it out (figure 3).

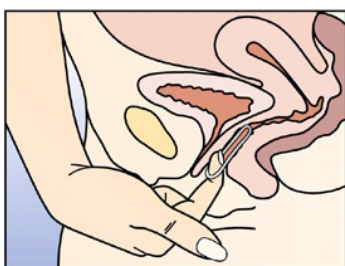


Figure 3

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What If I Forget To Use It?

If you are more than 24 hours late inserting the vaginal ring after the week without it, insert it as soon as you remember and use another form of contraception (such as condoms) for seven days. In this case, if you have had unprotected sex during the ring free week you may be at risk of pregnancy and should consider the Emergency Contraceptive Pill (ECP), available from a pharmacy without needing a prescription.

You should leave the vaginal ring in the vagina for 3 weeks. If it is taken out during this time and has been out of the vagina for less than 24 hours you should rinse it with water and put it back in as soon as possible. You will still be covered for contraception.

If the vaginal ring has been out of the vagina more than 24 hours you should rinse it with water and put the ring back in as soon as you remember. You should use another form of contraception (such as condoms) for seven days.

If the ring has been out of the vagina for more than 24 hours during the third week, you should put in a new ring immediately – this will start the next three weeks of use. You may not get your usual period-like bleed, but you may get some spotting.

Where Can I Get The Vaginal Ring?

You need to see a doctor to get a script for the vaginal ring. You can then take the script and buy your vaginal rings from a pharmacy.

For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

Reviewed: June 2014 | FPNSW 06/14

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