



Transcript from *Contraception 101: More than Just Pills and Condoms*  
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#### **Part 4: The Ring**

Eve Espey, MD [*Faculty, OBGYN, University of New Mexico*]: The ring, the NuvaRing, vaginal ring again it's just like the birth control pill, but it's in a different format. It goes in the vagina for three weeks uh, and then it's taken out for a week and that's when a woman has her period. One of the nice things about the NuvaRing is that if you want to do extended dosing, you can actually leave the ring in for four weeks, take it out at the end of the four weeks, put the new ring in and not have a period. So you can basically make the same kind of compound as Libelle, the twenty-eight-day pill uh, using the nuva ring. It's got enough hormone in it to prevent pregnancy for five weeks at a time. Uh, the...the nuva ring is great. That was FDA approved in 2001. Again it has the same benefits uh, as the pill and has the same...the same people shouldn't use the pill who are very few uh, should also not use the NuvaRing and the typical failure rate is about the same. It's about eight percent. It's also expensive. There is no generic so it's about fifty dollars a month.