

# VAGINAL RING INSERTION INSTRUCTIONS

1



Wash your hands with soap and dry them on a clean cloth.



2



Get in the position that is most comfortable for you to insert the ring.



3



Hold and press the sides of the ring together. You may find it easier to insert the ring if you twist it into the shape of the number 8.



4



Use your other hand to hold open the folds of skin around your vagina.



5



Place the tip of the ring in the vaginal opening and then use your finger to push the folded ring gently into your vagina.



6



Push it up towards your lower back as far as you can. If the ring feels uncomfortable, it is probably not inserted far enough into your vagina. Use your finger to push the ring up as far as you can into your vagina.



7



The ring should now be in your upper vagina. Wash your hands when you are done. If you have trouble, contact the clinic or come in for assistance.

# IMPORTANT INFORMATION

**Leave ring inserted, all day, every day:** The ring should be kept inserted at all times including menses, bathing, and sex.



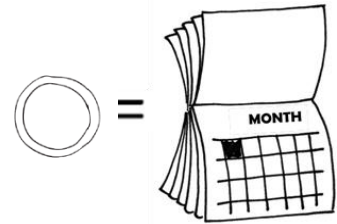
**If the ring falls or is taken out:**



**Somewhere clean:** Try to reinsert the ring as soon as possible. Rinse the ring in clean water and follow the insertion instructions on the other side.

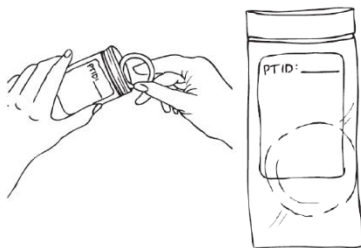
**Somewhere dirty** (such as the toilet or the ground): Do NOT reinsert the ring. Instead, place it in the bag provided to you and contact the clinic as soon as possible.

**Replace:** After about 4 weeks, the ring should be removed and replaced with a new ring.



**Avoid:** Women should always avoid using douches, soaps, detergents, and herbs inside the vagina. When using the ring, use of other vaginal devices is also discouraged. Some vaginal products such as condoms, lubricants, and tampons are okay to use. Talk to study staff before using any vaginal products.

**Do not Share:** Do not share your ring with other women.



**Storage:** Used and dirty rings should always be stored sealed in the white bag provided to you. Store unused rings in their packaging until needed for use. Do not store used or unused rings in the refrigerator or in direct sunlight. Store out of reach of children and pets.

**Transport:** Always bring all used and unused rings with you to the clinic. During transport, keep your rings with you at all times to avoid loss.



**Questions or Concerns:** The study staff is here to help and support you. Please contact us between visits with any questions or concerns.