

# 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.



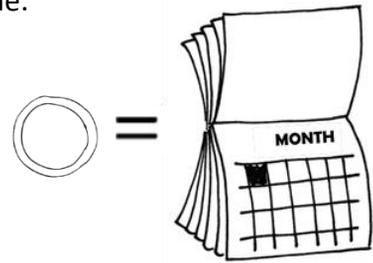
**If the ring falls or is taken out:**



**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.

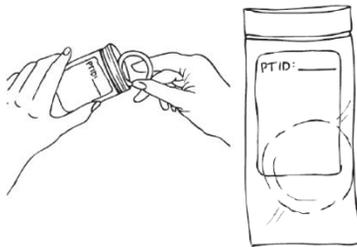
**Somewhere dirty** (such as the toilet or the ground): Do NOT reinsert the ring. Instead, place it in the bag provided to you and contact the clinic as soon as possible.

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



**Avoid:** Other than the ring, using any vaginal products or devices (other than male and female condoms) is discouraged.

**Do not Share:** Insert only the ring assigned to you and do not share your ring with other women.



**Storage:** Used and dirty rings should be stored in the bag provided to you. If you have been provided with an additional ring, store it in the packaging until needed for use.

**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.