

 USE ON A SCHEDULE  HORMONAL

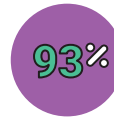


THE RING



HOW DO I USE IT?

The Ring is a small, flexible ring worn inside of the vagina that releases the hormones estrogen and progestin to prevent pregnancy. You have to change it once a month.



HOW EFFECTIVE IS IT?

The Ring is 93% effective at preventing pregnancy. Some medications can make it less effective.



WHAT I MIGHT LIKE...

- + You may get lighter periods
- + You might have reduced cramps and reduced PMS
- + You can decide whether or not you'd like to have a period
- + You may be able to clear up your acne
- + You can keep it in during sex



WHAT I MIGHT DISLIKE...

- You won't be protected from STIs
- You may experience spotting between periods for the first few months
- You might get headaches, weight changes, breast tenderness, and mood changes. This typically improves with time.



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