

Remember

- If your ring falls out, wash it with warm water and put it back in right away. If it falls out and you can't find it, call Adagio Health to find out what to do.
- If your ring has been out of your vagina for more than 3 hours put it back in right away. You will need to use condoms for 1 week as a back-up method so you don't get pregnant.

Watch for these warning signs

Sudden severe headache that won't go away

Eye problems (blurry or double vision, loss of vision)

Shortness of breath or coughing blood

Feeling weak or numb on one side of your body

Sharp, sudden pain in your leg, chest or belly

If you have any of these warning signs, call Adagio Health at _____.

If the office is closed, go to the emergency room.

Remember

Tell any health care provider that you visit that you are on birth control. A health care provider is a doctor, nurse, hospital, clinic or anyone who gives you medical care.

If there is a change in your medical information (like a new medicine you are taking) tell the Adagio Health Staff or any other health care provider.

You should not smoke while using the ring. Smoking can increase your chance of having a stroke, heart attack or other health problems.

The ring does not protect against HIV or any other STD (sexually transmitted disease). An STD is a disease that you can get from having sex. Condoms can help keep you safe from some STDs including HIV.

Adagio Health is an equal opportunity provider and employer. Call 1-800-654-5984 for the TTY/TDD line for the hearing impaired.