

## Fact Sheet - Chinese

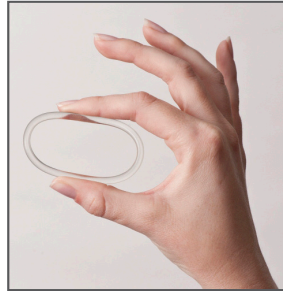
## 陰道環 (Nuvaring®)

The Vaginal Ring (Nuvaring®)



## 什麼是陰道環？

陰道環的名稱是NuvaRing®。陰道環是一個橫向五厘米半的軟塑料環。它含有雌激素和孕激素，類似於複合避孕藥。陰道環放置在陰道裏，激素被吸收到體內，以防止懷孕。如果陰道環放得到位，大多數人不會感覺到其存在。



## 陰道環如何起作用？

陰道環放置在陰道裏三星期，然後取出來一星期。您將有象經血一樣的輕微出血，七天後您在陰道裏放進一個新的陰道環。激素會阻止卵巢每個月釋放卵子，所以就無法懷孕。

## 陰道環的效果如何？

如果使用正確，陰道環有99%以上的有效率。這意味著，如果100名女性正確地使用陰道環一年，不到一人會懷孕。在典型的或“現實生活”的使用中，效果會較差，每一百人中多達9人會在一年內懷孕。您需要記住將它拿出來，然後在正確的時間再放進一個新的。

## 哪些人可以使用陰道環？

大多數女性都可以使用陰道環。如果您覺得很難記住每天吃藥，陰道環將是合適的方法，而且是植入式避孕棒或宮內節育器的替代選擇。

## 哪些人不應使用陰道環？

如果曾經有腿部血栓、中風或心臟病發作、肝臟問題、高血壓、某些類型的偏頭痛或乳腺癌，就不宜使用陰道環。如果您正在用母乳餵養而寶寶又不到6個月大，您可能就不可以使用陰道環。向您的醫生諮詢，確保使用陰道環對您來說是安全的，這是非常重要的。其它一些藥物可能阻止陰道環的正常作用，在您決定使用之前，醫生會向您解釋這些情況以及您需要了解的其它事項。

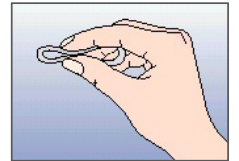
## 陰道環是否有任何副作用？

使用陰道環時，大多數婦女感覺正常，但是在最初通常會有一些副作用。您可能出現乳房疼痛、頭痛或惡心（感覺不適）。一兩個月後，這些副作用通常會消失。由陰道環引起的嚴重健康問題很罕見，但是請您的醫生為您解釋這些情況。

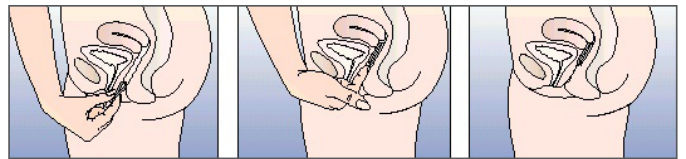
## 陰道環是如何放入的？

用大拇指和食指捏住陰道環（圖1）。輕輕地將它放入陰道（圖2）。對於什麼是正確的位置沒有具體的要求——如果感覺不舒服，可以向陰道內再推進一些。陰道的肌肉會將陰道環固定住，即使在體育活動或性交的時候也會保持在適當的位置。

(圖 1)



(圖 2)



## 陰道環如何取出來？

要取出陰道環，只需將手指伸入陰道，鉤住陰道環，將其拉出即可（圖3）。

(圖 3)

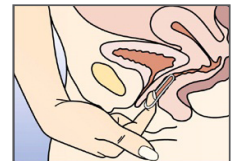


圖1-3由Merck & Co., Inc., Whitehouse Station, New Jersey, USA的子公司MSD Oss B. V授權轉載。版權所有。NuvaRing® 是MSD Oss B. V的註冊商標。

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新南威爾士州家庭生育計劃協會 (Family Planning NSW) 是由新南威爾士州衛生局資助的非營利機構

本資料中的信息只用於教育目的。FPNSW已盡力確保資料在出版之時，其中的信息是準確和最新的。對於有任何生殖或性健康方面的擔憂的人士，我們鼓勵他們向醫務人員尋求建議和幫助，或到家庭生育計劃診所就診。

審閱：2014年 7月 | FPNSW 07/14

### 如果我忘記使用陰道環，怎麼辦？

在未放陰道環的那個星期過後，如果過了24小時以上還沒有放入陰道環，那麼請在記得的時候盡早放入，並在隨後的7天內使用其它的避孕措施（如避孕套）。在這種情況下，如果您在未放陰道環的那個星期進行了無保護的性交，那麼您可能會有懷孕的風險，應該考慮使用緊急避孕藥(ECP)，可以到藥房購買，無須醫生處方。

陰道環應該在陰道內放置3星期時間。如果在這段時間取出來，而且取出陰道外的時間不超過24小時，您應該用水沖洗陰道環，並將它盡快放回陰道。您還會得到避孕保護。

如果陰道環取出陰道外的時間超過了24小時，您應該用水沖洗陰道環，並在您記住時把它盡快放回陰道。您應該在隨後的7天內使用其它的避孕措施（如避孕套）。在第三個星期，如果陰道環取出陰道外的時間超過24小時，您應該立即放進一個新陰道環——這將是隨後三個星期使用的開始。您可能不會有平常經血一樣的出血，但可能會有一些微量出血。

### 在哪裏可以購買陰道環？

您需要去看醫生，取得陰道環的處方。然後憑處方到藥房購買陰道環。

### 欲了解更多的信息

- 打電話1300 658 886聯繫新南威爾士州家庭生育計劃協會 (Family Planning NSW) Talkline 或訪問 [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)
- 全國轉接服務 (NRS，為失聰人士提供) 133 677
- 或親臨您附近的家庭生育計劃診所

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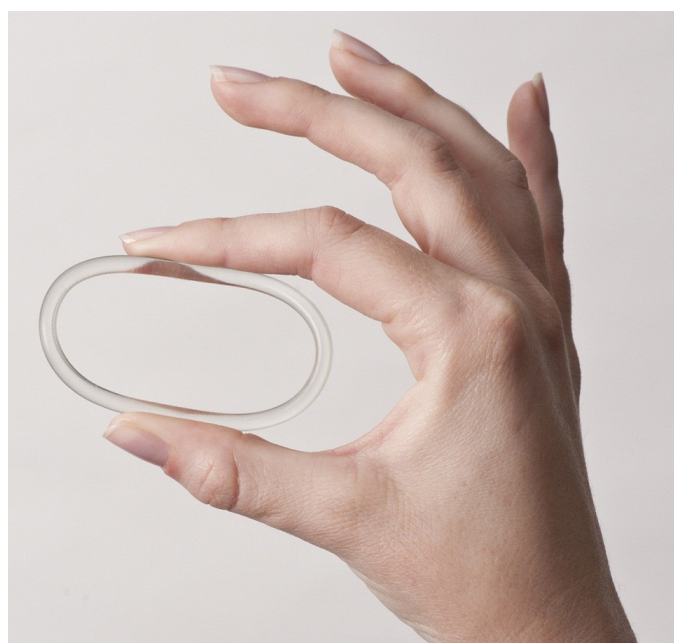
## Fact Sheet - English

# THE VAGINAL RING (NUVARING®)



### What Is The Vaginal Ring?

The vaginal ring is called a NuvaRing®. It is a soft plastic ring about five and a half centimetres across. It contains the hormones oestrogen and a progestogen, similar to the combined contraceptive Pill. It is placed in your vagina and the hormones are absorbed into the body to stop you getting pregnant. Most women cannot feel the vaginal ring once it is in place.



### How Does It Work?

The vaginal ring stays in the vagina for three weeks. Then you take it out, for a week. You will have a light period-like bleed, and after seven days you put a new ring in your vagina. The hormones stop a woman's ovaries from releasing an egg each month, so a pregnancy cannot begin.

### How Well Does It Work?

With perfect use the vaginal ring is more than 99% effective. This means that if 100 women use it correctly for one year, less than one will become pregnant. With typical or 'real life' use it is less effective with up to nine women in every hundred becoming pregnant in a year. You need to remember to take it out and put a new one in again at the right time.

### Who Can Use The Vaginal Ring?

Most women can use the vaginal ring. It is good if you find it hard to remember to take a pill every day, and is an alternative to the implant or an IUD.

### Who Should Not Use The Vaginal Ring?

Women should not use the vaginal ring if they have had a blood clot in their leg, a stroke or heart attack, liver problems, high blood pressure, certain types of migraine, or breast cancer. You may not be able to use the vaginal ring if you are breastfeeding and your baby is less than 6 months old. It is very important to talk with your doctor to make sure it is safe for you to use the vaginal ring. Some other medications can stop the vaginal ring from working properly and the doctor will tell you about these and other things you need to know before you decide to use it.

### Are There Any Side Effects?

Most women feel well while using the vaginal ring, but it is common to have some side effects at first. You may have sore breasts, headaches or nausea (feeling sick). This usually settles down after one to two months. Serious health problems caused by the vaginal ring are rare, but ask your doctor to tell you about them.

### How Is The Vaginal Ring Inserted?

Squeeze the ring between your thumb and index finger (figure 1). Gently insert it into your vagina (figure 2). There is no correct position – if it feels uncomfortable, slide it further into your vagina. Your vaginal muscles will keep it in place, even during exercise and sex.

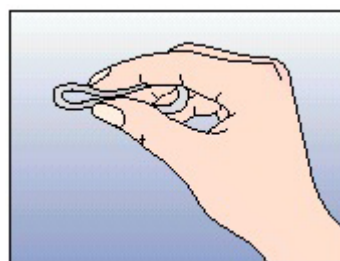


Figure 1

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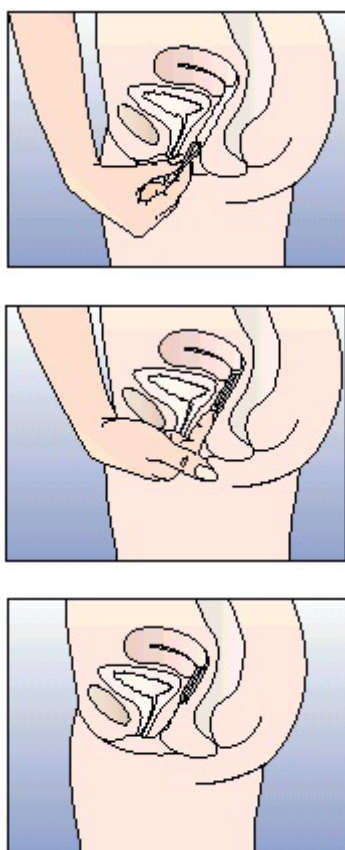


Figure 2

### How Is It Taken Out?

To remove the ring simply put your finger into your vagina, hook it around the ring and pull it out (figure 3).

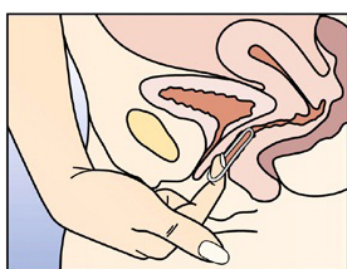


Figure 3

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### What If I Forget To Use It?

If you are more than 24 hours late inserting the vaginal ring after the week without it, insert it as soon as you remember and use another form of contraception (such as condoms) for seven days. In this case, if you have had unprotected sex during the ring free week you may be at risk of pregnancy and should consider the Emergency Contraceptive Pill (ECP), available from a pharmacy without needing a prescription.

You should leave the vaginal ring in the vagina for 3 weeks. If it is taken out during this time and has been out of the vagina for less than 24 hours you should rinse it with water and put it back in as soon as possible. You will still be covered for contraception.

If the vaginal ring has been out of the vagina more than 24 hours you should rinse it with water and put the ring back in as soon as you remember. You should use another form of contraception (such as condoms) for seven days.

If the ring has been out of the vagina for more than 24 hours during the third week, you should put in a new ring immediately – this will start the next three weeks of use. You may not get your usual period-like bleed, but you may get some spotting.

### Where Can I Get The Vaginal Ring?

You need to see a doctor to get a script for the vaginal ring. You can then take the script and buy your vaginal rings from a pharmacy.

### For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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