



## How Do I Use It?

- Annovera® is a reusable, soft, flexible, ring that you insert into your vagina.
- Annovera® should be placed in the vagina and left in place for 21 continuous days and then removed for 7 days.
- You may experience a period for the 7 days that Annovera® is not inside your vagina. Or, Annovera® can be kept in place continuously to suppress periods but may result in some intermittent spotting.
- The same ring can be washed and then inserted for another three weeks repeatedly for a full year (13 cycles).
- If Annovera® is out of your vagina for more than 2 hours at one time or at different times that add up to more than 2 hours over the first 21 days of your cycle, then you will need to use another method of birth control (for 7 days with concomitant replacement of the ring), such as condoms or spermicide.



Annovera® | Source:  
Annovera®

## What Else Should I Know?

- Annovera® is designed to be worn during sex, but if you prefer, you can remove it for up to 2 hours.
- Annovera® does not require a health care visit for insertion or removal. You can easily remove Annovera® on your own if you change your mind about taking birth control.
- Most women don't feel Annovera® once it is in place in the body.
- Annovera® should be washed with mild soap and water and rinsed and patted dry with a clean cloth towel or paper towel prior to each insertion and at each removal.
- Annovera® does not protect you from sexually transmitted infections (STIs).

## How Well Does It Prevent Pregnancy?

Annovera®  
is 97.3% effective at  
preventing pregnancy.

## Deployment Considerations

- You need to remember to remove and re-insert Annovera® on the appropriate dates.
- You need access to space to wash, insert, and remove Annovera® as needed.
- Annovera® comes with a small case (resembling a compact) for convenient and discreet storage.
- Annovera® does not require refrigeration when not in use.
- You need to talk to your provider about the duration of effective use, if using continuously.

### PROS OF ANNOVERA®

- Annovera® does not require a health care visit for insertion or removal.
- You can remove and stop using Annovera® at any point if you wish to change methods to become pregnant.
- Annovera® allows you to re-use the same vaginal ring for 13 months.
- Annovera can be kept in place continuously to suppress periods, but you may have some intermittent spotting.
- Annovera® does not require refrigeration.

### CONS OF ANNOVERA®

- You need to remember to remove and re-insert Annovera® on the appropriate dates.
- Annovera® does not protect you from STIs.
- You may experience a period for the 7 days that Annovera® is not inside your vagina.