

**“Efficacy, Cycle Control, and User Acceptability of a Novel Combined Contraceptive Vaginal Ring (NuvaRing) : The Indian Perspective” paper by Dr Anita Soni was published in FOGSI journal.**

**OBJECTIVE:** To assess the contraceptive efficacy, cycle control, tolerability, and user acceptability of a novel combined contraceptive vaginal ring for up to 13 cycles.

**METHODS:** Healthy women requesting contraception were enrolled in this 1-year study. Each ring released 120 mcg of etonogestrel and 15 mcg of ethinylestradiol daily, and was used for 3 weeks followed by a 1-week ring-free period.

**RESULTS:** A total of 184 women started treatment and so formed the intent-to-treat population. Subjects were followed for 13 cycles. Compliance was good with 99% of cycles in full compliance with specified criteria. In the intent-to-treat population, no pregnancies occurred giving a Pearl Index of 0. The mean incidence of withdrawal bleeding was 99% in all cycles. There was 0.16% incidence of intermenstrual bleeding and 2% incidence of early withdrawal bleeding. Cycles were reported to be shorter with NuvaRing use with Withdrawal bleeding starting as soon as the ring was removed. The ring was well tolerated with a low incidence of adverse events; only 1.6% of all discontinuations were device related. The ring was easy to insert and remove and did not interfere with intercourse. 97 percent of women were satisfied with the ring, and would recommend its use to others.

**CONCLUSION:** The ring is an effective contraceptive with excellent cycle control that is convenient, well tolerated, and highly acceptable to users.