

The vaginal ring should be inserted and left in place for 3 weeks, then removed and replaced with a new ring after 7 days (the ring-free break)

Is the replacement ring more than 24 hours late (ie ring-free break 8 days or longer)?

OR

If the ring was removed (intentionally or accidentally) less than 3 weeks after being inserted, has it been more than 24 hours since it was removed?

YES

Insert a ring straight away.
Use condoms for 7 days.

NO

Insert a ring straight away.
The ring will continue to work.

**Less than 7 days of ring use
since last ring-free break**

Consider levonorgestrel
emergency contraception
[NB1] if you have had
unprotected sexual
intercourse in past 5 days.

**Less than 7 days of ring use
left before next ring-free
break**

Skip ring-free break by inserting
a new ring as soon as the
current one is removed.

NB1: Ulipristal (another type of emergency contraception) is usually not suitable in this scenario; if any hormonal contraception (excluding levonorgestrel-releasing intrauterine contraceptive devices) has been used in the past week, it may reduce the effectiveness of ulipristal. The vaginal ring also can't be reinserted for 5 days after taking ulipristal, so condoms are required for 12 days after taking ulipristal.

Modified with permission from: Contraception: an Australian clinical practice handbook. 4th ed. Ashfield, New South Wales: Family Planning New South Wales, Family Planning Victoria, and True Relationships and Reproductive Health; 2016.

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