

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)

Has the ring been in place for more than 3 weeks?

Yes, ring left in for 3 to 4 weeks

Remove the ring.
Insert a new ring as initially scheduled
(ie ring-free break will be shortened).
No additional contraception is
required.

Yes, ring left in for more than 4 weeks

Remove the ring.
Insert a new ring straight away.
Use condoms for 7 days.

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

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.

Doctor's contact details: