



Important!

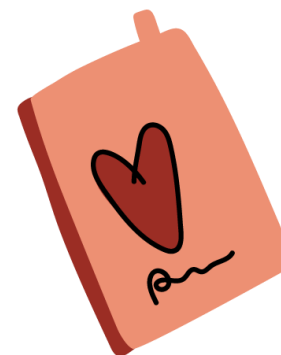
You must use the ring for at least 21 consecutive days before a pause, otherwise there is a risk of becoming pregnant

Vaginal Ring – Long-Cycle Use

**Bleeding less often than once a
month**

**Ungdomsmottagning
Västra Götaland**

www.vgregion.se/ungdomsmottagning



What is long-cycle use?

With long-cycle use, you change your vaginal ring every 3 weeks ****without taking a break each month**

Many people choose this because:

- It is **safe**
- It is **not harmful**
- It may give **better protection against pregnancy**
- You bleed **less often**

You cannot always predict when bleeding will happen.

How to Use the Ring

Keep changing every 3 weeks

1. Keep the ring in for 3 weeks
2. After 3 weeks, remove it and insert a new ring immediately.
 - Do not take a break.
3. Repeat this every 3 weeks.

Continue until you get bleeding.

If You Start Bleeding

1. Remove the ring.
2. Stay without a ring for **4 days**.
3. On **day 5**, insert a new ring — even if you are still bleeding.

Then:

- Change the ring every 3 weeks again.
- No breaks.
- When bleeding comes again → take a 4-day break.
- Repeat.

If You Want to Plan When to Bleed

It is different for everyone how long you can use the ring without bleeding. If you want to plan a bleed:

1. Keep changing the ring every 3 weeks, with no break.
2. When you want your bleeding to start, remove the ring.
3. Stay without a ring for 4 days.
4. Bleeding usually starts within a few days.
5. Insert a new ring on day 5, even if you are still bleeding.

Then continue changing every 3 weeks without breaks until you want to plan your next bleed.

Important

Always insert a new ring on day 5, even if bleeding has not stopped.

Do not take a break longer than 4 days.

If you are unsure what to do, contact your clinic.