

User acceptability with a new method of combined contraception, NuvaRing

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Objective: NuvaRing, a combined contraceptive vaginal ring, can easily be inserted and removed by the woman herself. One ring is used per cycle, comprising three continuous weeks of ring use and a one-week ring-free period. This method has been shown to be well tolerated and acceptable to users during large clinical studies. However, as a user's age is often thought to influence the acceptability of method, we decided to analyze the acceptability data by user's age and contraceptive history.

Methods: We analyzed data for 2322 treated women from 14 countries who participated in the large clinical studies, by age category (18–20, 21–25, 26–30 and >30 years) and by starter/switcher status. Items included 'ease of ring insertion/removal', 'user/partner feeling the ring during intercourse' and 'partner minding ring use'. Last assessment data are presented (both completers and discontinuers).

Results: Women of all ages found the ring easy to insert and remove (95–97% across all age categories). Slightly more women in the youngest age group (18–20 years) reported feeling the ring during intercourse than women in the oldest group (>30 years) (22% vs 12%, respectively). The same was true for partners of women in these age groups, with more partners of younger women feeling the ring (37% vs 27%, respectively), although there was little difference between age groups when partners were asked if they minded about the women using the ring (86–93% of partners across all age categories didn't mind). No differences in acceptability were observed between starters and switchers.

Conclusions: NuvaRing is a highly acceptable method of contraception. NuvaRing is equally acceptable to all users, irrespective of age and contraceptive history.