

## Instructions for Use

### Applicator for NuvaRing® (NEW-vah-ring)

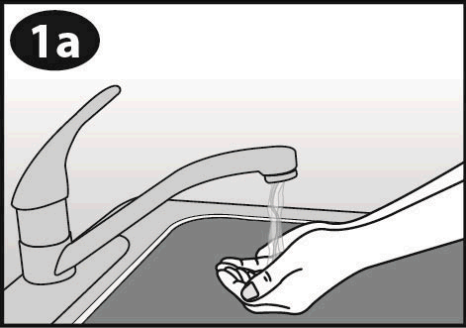
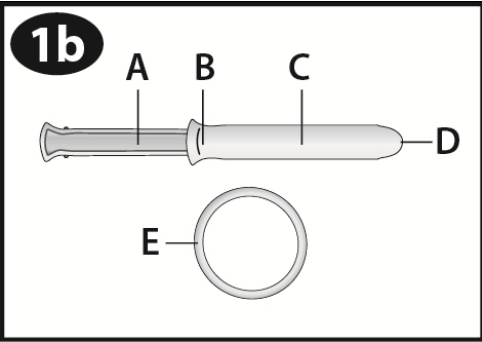
For optional use to help insert NuvaRing.  
NuvaRing is not included with the applicator.

#### Important:

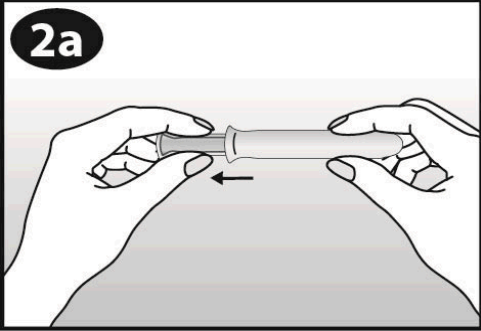
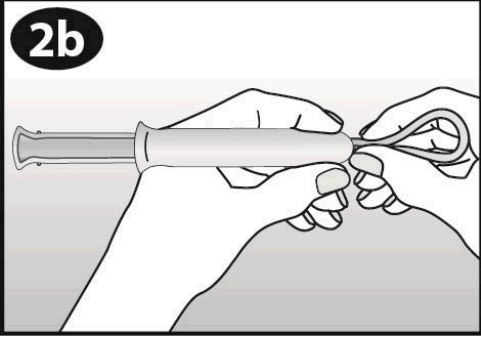
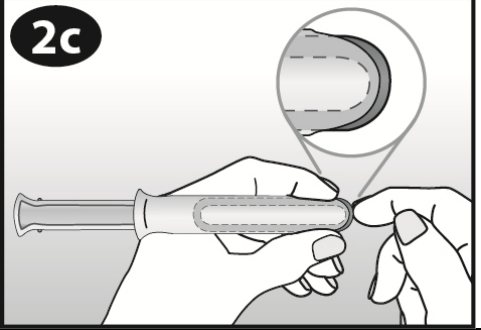
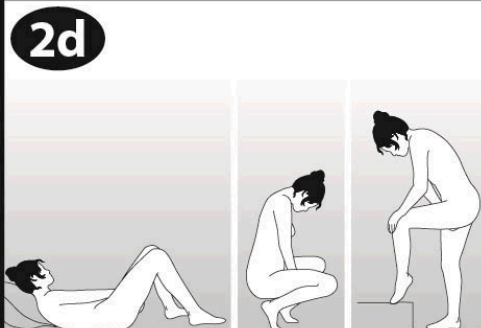
- The applicator is designed for use with NuvaRing.
- **Do not** reuse the applicator; it is designed for one time use.
- **Do not** share the applicator with others.
- If you accidentally drop the applicator, wash it with cool to lukewarm water. **Do not** use hot water to wash the applicator.
- Throw the applicator away in the trash immediately after use.
- Do not flush the applicator down the toilet.

The applicator is not made with natural rubber latex.  
Store the applicators between 41°F to 86°F (5°C to 30°C).

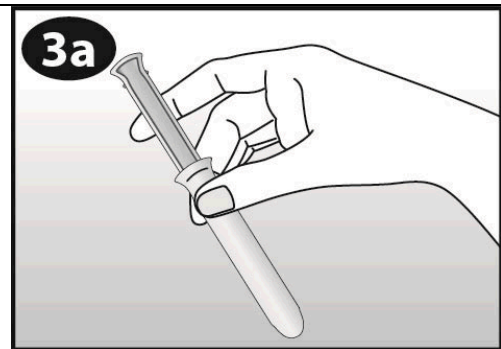
#### 1: Prepare

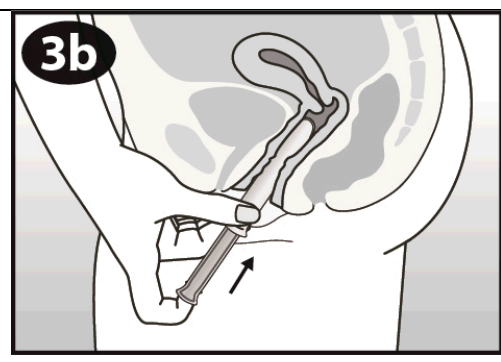
 <p><b>1a</b></p>	<p>Wash your hands before opening the package. Open the package only when you are ready to use the applicator. <b>Do not</b> use if the contents or packaging are visibly damaged.</p>
 <p><b>1b</b></p> <p>A B C D E</p>	<p>Look at the picture of the applicator to familiarize yourself with the parts of the applicator.</p> <p>A. Plunger B. Finger Grip C. Barrel D. Barrel Opening E. NuvaRing (Not Included)</p>

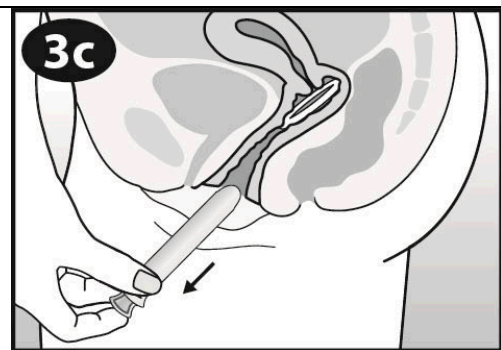
## 2: Load & Position

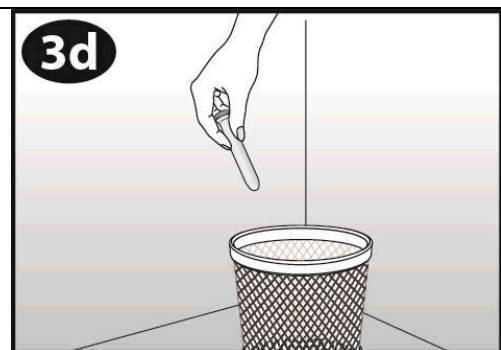
 <p><b>2a</b></p>	<p>Pull the plunger back gently until it stops.</p>
 <p><b>2b</b></p>	<p>Squeeze opposite sides of the ring together and insert the ring into the barrel opening.</p>
 <p><b>2c</b></p>	<p>Gently push the ring into the barrel. The tip of the ring should stick out slightly from the barrel opening.</p>
 <p><b>2d</b></p>	<p>Choose the position for inserting the ring that is most comfortable for you, like lying down, squatting, or standing with one leg up.</p>

### 3: Insert & Dispose

 <p>3a</p>	<p>Place your thumb and middle finger on the finger grip.</p>
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 <p>3b</p>	<p>Gently insert the barrel into the vagina until your fingers (on the finger grip) touch your body. Then use your index finger to gently push the plunger all the way into the barrel.</p> <p>Some women have experienced a brief mild pinching feeling when using the applicator.</p>
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 <p>3c</p>	<p>The ring is pushed out of the applicator. Gently remove the applicator. Please also read the Patient Information and Instructions for Use for NuvaRing.</p>
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 <p>3d</p>	<p>Make sure that the ring is <b>not</b> in the applicator. Dispose of (throw away) the used applicator in the trash can. <b>Do not</b> flush the applicator down the toilet. <b>Do not</b> reuse the applicator.</p>
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This Instructions for Use has been approved by the U.S. Food and Drug Administration.

Manufactured for: Merck Sharp & Dohme Corp., a subsidiary of  
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Manufactured by: Sonoco Plastics B.V., Berkel en Rodenrijs, The Netherlands

For patent information: [www.merck.com/product/patent/home.html](http://www.merck.com/product/patent/home.html)

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