

FSRH CEU Statement: Availability and dispensing of combined vaginal contraceptive rings 11 January 2022

At the time of writing of the FSRH Clinical Guideline **Combined Hormonal Contraception** (2019)¹, NuvaRing[®] was the only available combined (ethinylestradiol 2.7mg/ etonogestrel 11.7mg) vaginal contraceptive ring (CVR) in the UK. Because of refrigeration requirements, only 3 months of NuvaRing can be dispensed at any time; this is reflected in the guideline.

Other brands of ethinylestradiol/etonogestrel CVR are now available in the UK. Small studies indicate bioequivalence with NuvaRing and suggest similar tolerance.²⁻⁴ Not all brands require refrigeration.

SyreniRing[®] is the first of the newer brands to be listed in the British National Formulary.⁵ It does not require refrigeration and has a shelf life of two years. In contrast, NuvaRing has a shelf life of three years, but must be refrigerated prior to being dispensed, and used within 4 months after being dispensed.

In line with existing FSRH guidance, a prescription for a year of CVR use can be given if the individual is medically eligible and has had appropriate blood pressure/BMI recording. The CVR may have to be dispensed 3 months at a time (NuvaRing), but a one-year supply of some brands (e.g. SyreniRing) can be dispensed.

References

1. Faculty of Sexual & Reproductive Healthcare. Combined Hormonal Contraception. January 2019 (Amended November 2020). Available [here](#) (accessed 11/01/2022)
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3. Müller A, Sailer M, Colli E, Regidor PA. Safety, efficacy and quality of life of the novel vaginal contraceptive ring containing etonogestrel/ethinylestradiol 11.0/3.474 mg after 3 years of “real life” experience. *European Review for Medical and Pharmacological Sciences*. 2020 Nov 1;24(22):11810-9.
4. Barriga Pooley P, Von Hoveling A, Galán G, Lopez Berroa J. Analysis and new contraception frontiers with combined vaginal rings. *Gynecological Endocrinology*. 2020 Jun 2;36(6):475-8.
5. Joint Formulary Committee. *British National Formulary* (online). Ethinylestradiol with etonogestrel. London: BMJ Group and Pharmaceutical Press. Available [here](#) (accessed 11/01/2022)

The Clinical Effectiveness Unit (CEU) was formed to support the Clinical Effectiveness Committee of the Faculty of Sexual & Reproductive Healthcare (FSRH), the largest UK professional membership organisation working at the heart of sexual and reproductive healthcare. The FSRH CEU promotes evidence based clinical practice and it is fully funded by the FSRH through membership fees. It is based in Edinburgh and it provides a members' enquiry service, evidence-based guidance, new SRH product reviews and clinical audit/research. [Find out more here.](#)