



What is the monthly dapivirine ring (DVR)?

- A long-acting vaginal ring that a woman can use to reduce the risk of HIV during vaginal sex
- An additional HIV prevention option for women who are unable/choose not to use other methods, such as oral PrEP.

The ring does:

- Reduces the risk of HIV but does NOT eliminate, so combination prevention is encouraged
- Has no safety concerns. Some people have had minimal side effects that resolved without stopping ring use
- Is easy to store – does not require refrigeration
- Can be used discreetly.

The ring does not:

- Does not prevent against other STI's and unintended pregnancy, so should be used with a male or female condom
- Does not reduce the risk of HIV transmission through anal sex or injecting drug use.

How does the ring work?

- The ring is inserted into the vagina once every month
- The ring sits inside the vagina near the cervix where it slowly releases an antiretroviral drug called dapivirine at the site of potential infection
- Dapivirine works by blocking HIV's ability to make copies of itself inside healthy cells.

How to insert the ring

Preparing to insert (1)



- Clean Hands
- Check Expiry Date
- Do not use ring if damaged
- Tear package by hand,
NOT SCISSORS.

How to insert the ring

Preparing to insert (2)

Choose a position that is comfortable for you to insert the ring.

For example:



*raising one
leg*



squatting



*lying
down*

How to insert the ring

Inserting the Ring (1)



To insert the ring, squeeze it into a number eight shape or squeeze the sides of the ring together.



Using your other hand, hold open the folds of skin around your vagina.

How to insert the ring

Inserting the Ring (2)

Place the tip of the ring into the opening of your vagina.



Then, use your index finger to gently push the folded ring in. Push the ring into your upper vagina as far as you can.

Replacing the ring



Remove ring one month after insertion and replace immediately with a new ring.



Wash your hands in clean water and dry them.



Choose comfortable position with legs apart. Use finger to hook ring and gently pull the ring out.

Discarding the used ring



Place used ring in the empty pouch, tissue or toilet paper.



Discard the ring in rubbish bin.

Do not throw the ring in the toilet.

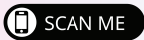


Wash your hands in clean water and dry them.

Important points about the ring

- It protects during vaginal sex only
- It can also be used with certain forms of contraception, but not recommended for use with contraceptive vaginal rings, diaphragms, menstrual cups or cervical caps

- It must stay inserted to do its job.
A woman can go about her daily activities as usual
- There is no need to remove the ring during sex, and it is rarely felt by either partner during sex
- There is no need to remove the ring to be cleaned or during menstruation and the ring can be used with tampons.



Video: How to use the DVR

<https://vimeo.com/707699170>