



PATHWAYS TO HIGH ADHERENCE

Supplementary Materials



WHAT YOU WILL FIND IN THIS APPENDIX

Appendix F contains an instructional sheet provided to IPM-027/The Ring Study participants to help them know how to insert the ring and what to do if a ring came out of the vagina between visits.

WHO SHOULD USE IT

Study team members, especially counselors, who will be working one-on-one with participants to help them learn about how to properly insert the ring and manage removals or expulsions.

HOW TO USE IT

Provide this sheet as a handout for participants to refer to between study visits.

Vaginal Ring • Ring Use Instructions

Vaginal ring should be worn all day and all night

What to do if the ring comes out

If the ring comes out in a place that is **NOT DIRTY**, such as the bed, or in your clothes, you may wash it and put it back into your vagina

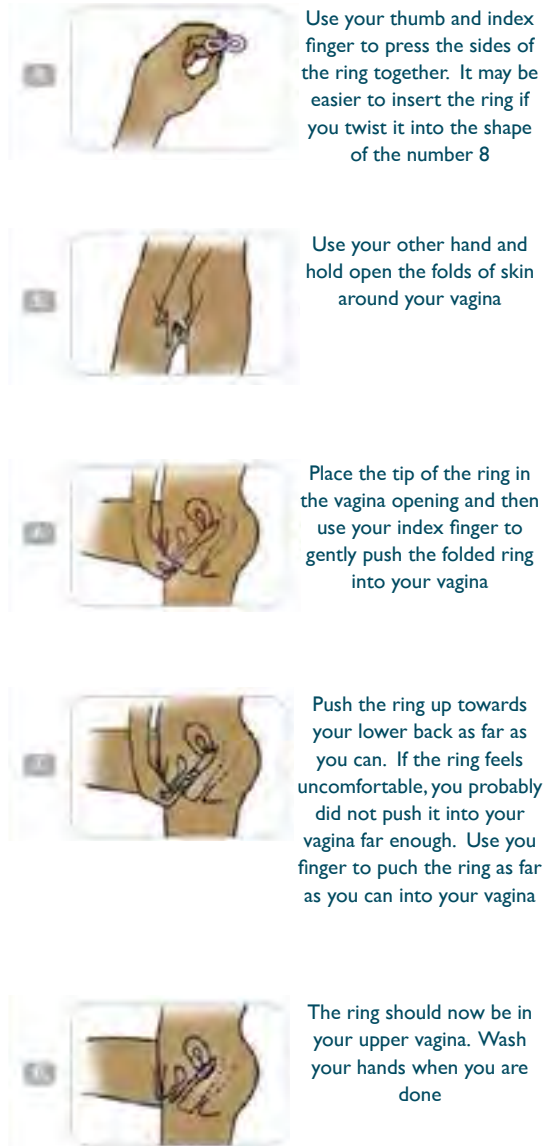
If the ring comes out and touches something that is **DIRTY**, such as the toilet or the ground you should not put it back into your vagina. You must put it in the bag and bring in to the research centre



Prepare to insert the ring



How to insert the ring



Use your thumb and index finger to press the sides of the ring together. It may be easier to insert the ring if you twist it into the shape of the number 8

Use your other hand and hold open the folds of skin around your vagina

Place the tip of the ring in the vagina opening and then use your index finger to gently push the folded ring into your vagina

Push the ring up towards your lower back as far as you can. If the ring feels uncomfortable, you probably did not push it into your vagina far enough. Use your finger to push the ring as far as you can into your vagina

The ring should now be in your upper vagina. Wash your hands when you are done



NOTES:

NOTES:
