

What do I do if I forget to put the ring back in after my ring-free week?

If you are **more than** 24 hours late:

- insert it as soon as you remember
- use condoms for the next 7 days

If you had unprotected sex during the ring-free week and were late putting the new ring in:

- you may be at risk of pregnancy - you could use the [emergency contraceptive pill](#)

What do I do if the ring accidentally comes out?

If the ring has been out of the vagina for **less than** 24 hours:

- rinse it with cool water and put it back in as soon as possible
- you will still be protected against unplanned pregnancy

If the ring has been out of the vagina for **more than** 24 hours:

- rinse it with cool water and put the ring back in as soon as you remember
- use condoms for 7 days

If the ring has been out of the vagina for more than 24 hours during the first week and you have had unprotected sex in the previous 5 days you could use the [emergency contraceptive pill](#)

If the ring has been out of the vagina for more than 24 hours during the third week:

- put in a new ring straight away and leave it in for the next 3 weeks
- you may get some spotting

What do I do if I forget to take the ring out after 3 weeks?

If the ring was left in for more than 3 weeks but less than 4 weeks:

- take it out and put a new ring in when you were originally meant to
- leave it in for the next 3 weeks

If the ring was left in for more than 4 weeks:

- take the ring out and put a new one in straight away
- use condoms for the next 7 days
- if you have had unprotected sex in the previous 5 days - you could use the [emergency contraceptive pill](#)

If you are not sure what to do:

- talk to a doctor
- talk to a Family Planning NSW nurse
- call the Family Planning NSW Talkline on 1300 658 886 for advice

For more information

Family Planning NSW Talkline –

www.fpnsw.org.au/talkline or 1300 658 886

National Relay Service (for deaf people) –
13 36 77

TIS National's interpreting service –
131 450

Visit your nearest Family Planning NSW clinic –
www.fpnsw.org.au/clinics

Family Planning NSW client resource on contraception – [What suits me?](#)