THE PROGESTERONE CONTRACEPTIVE VAGINAL RING: AN OPTION FOR BREASTFEEDING WOMEN

Saumya RamaRao
Population Council
The risk of maternal and infant morbidity and mortality increases when the birth interval is less than 2 years.

Contraceptive use is extremely low in the extended postpartum period, resulting in shorter time between pregnancies.

Only about half of pregnancies and deliveries are attended to by skilled health care providers in developing countries.
WHAT IS THE PROGESTERONE CONTRACEPTIVE VAGINAL RING

• A user-controlled soft, flexible ring made of silicone used continuously for three months

• Diffuses 10mg of natural progesterone per day

• Four rings can be used successively for up to 1 year postpartum
THE PCVR: HOW IT WORKS?

User can insert and remove the ring herself

Works by preventing ovulation

Extends postpartum amenorrhea (temporary post-partum infertility)

Reinforces the inhibitory effect of breastfeeding on ovulation
## UNDERSTANDING THE PRODUCT PROFILE

**Advantages**

- Safe & effective for breastfeeding women if used correctly
- User-controlled, reversible
- Natural progesterone
- Continuous release of low hormones (10mg per day)
- Very acceptable (>98.5%)*
- Limited infrastructure needed for dispensing the ring & providing counseling

**Key Considerations**

- Not advised if woman is breastfeeding less than 4 times/day
- Can be used for only the first year postpartum
- After that, another short- or long-acting method should be considered
- Does not protect against HIV or other sexually transmitted infections

*Population Council, data on file.*
REGISTRATION AND AVAILABILITY

• Manufactured by Grünenthal in Chile

• Registered as Progering® in 8 Latin American countries:
  – Bolivia, Chile, Dominican Republic, Ecuador, El Salvador, Guatemala, Panama, Peru

• Acceptability studies ongoing in 3 African countries – Kenya, Nigeria, Senegal

• Ongoing Phase 3 clinical trials in India comparing the PVR to the IUD
Thank you! &
Congrats RHSC on your 10th Anniversary!