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Photo: Getty Images

Engagement rings: the new fiber.

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For years, doctors have been telling us to eat more fiber. But this is ridiculous ...

College students Reed Harris and Kaitlin Whipple of Farmington, NM, had been dating for awhile when Harris decided to pop the question. Hoping to make a memorable impression, he decided to hide the engagement ring in a Wendy's Frosty milkshake. Thing is, Whipple ate the whole shake too quickly to notice she'd swallowed the rock. Talk about awkward brain freeze!

When Harris told Whipple what she'd done, she was shocked. "I thought he was joking," she told Matt Lauer on the "Today" show. "I couldn't believe that I swallowed the ring. I kept waiting for him to get down and propose."

A trip to the hospital for an X-ray confirmed the faux pas. Ultimately, their friends reminded them that Harris had yet to officially propose -- so, armed with the X-ray of the ring sitting comfortably in Whipple's innards, Harris got on bended knee and did the deed.

Determined to get the ring out of her body and onto her finger, Whipple armed herself with prunes and high fiber cereal. Friends assured her "this too shall pass" -- and the next morning, thankfully, it did. Whipple wrote on her blog, "I have never been so excited about my bodily functions." Umm, OK.

We wish the couple all the best -- and wonder if indecisive "Bachelor" Jason Mesnick's engagement ring doesn't end up in the toilet as well ...