

Information for Cervical Cap

BENEFITS

Non-hormonal

Only used at the time of coitus

Immediate return to fertility

Reusable for two years (FemCap)

May be left in place for up to 48 hours, but must be left in place for a minimum of 6 hours after intercourse

May reduce the risks of some cervical infections

RISK/SIDE EFFECTS

- ❖ Discomfort/odor during use
- ❖ May increase the chance for abnormal pap smears
- ❖ May increase risk for toxic shock syndrome
- ❖ Urinary tract infections
- ❖ Allergic reaction to the device/spermicide
- ❖ Vaginal/cervical infections
- ❖ Potential for cervical trauma

ALTERNATIVES

You have received information about other methods of birth control. For situations of suspected contraceptive failure, emergency contraception is available and offers a second chance to reduce the risk of unintended pregnancy.

INSTRUCTIONS

You have received information about the cervical cap and how to use it. The cervical cap may protect against some STIs (sexually transmitted infections). There is no protection against HIV with the cervical cap alone.

DECISION TO DISCONTINUE USE

You may stop using the cervical cap at any time. Understanding a woman is most likely to become pregnant if she or her partner is not using a method of birth control.

QUESTIONS

You may ask questions about the cervical cap and may contact the clinic with further questions.

INSTRUCTIONS FOR CERVICAL CAP USERS

1. USE YOUR CAP EVERY TIME YOU HAVE SEXUAL INTERCOURSE.
2. Before leaving the clinic, be sure you feel comfortable and are able to insert and remove the cap correctly.
3. Use another method of birth control (condoms or pills) until you have used the cap several times.
4. Do not use the cervical cap for two to three days prior to any pap smears, during your period, 6 weeks after delivery of a baby or abortion (8-10 weeks per FemCap prescribing information), if you have a vaginal or pelvic infection or have a history of toxic shock, or if you have a history of cervical cancer.
5. Place spermicidal jelly in the cervical cap per the manufacturer's instructions.
6. Place the cap 15 minutes before intercourse

North Dakota Department of Health and Human Services
Family Planning Program

7. After intercourse, check the cap to see that it is still in place.
8. After intercourse, leave the cap in place for at least six hours. Douching is not recommended.
9. Remember the following to decrease your risk of toxic shock syndrome:
 - * Wash hands with soap and water before inserting, checking, or removing cap.
 - * Do not leave in place longer than 48 hours.
 - * Do not use when you are menstruating or at any time you have an unusual vaginal discharge or signs of infection.
 - * Do not use the cap for six to 12 weeks after childbirth or cervical surgery.
 - * Do not use the cap for two to four weeks after pregnancy termination.
10. Know possible signs of toxic shock syndrome:
 - * Fever (101 degrees or higher)
 - * Diarrhea
 - * Vomiting
 - * Muscle aches
 - * Rash (like sunburn)
11. The cap should not interfere with normal activities, such as going to the bathroom or showering.
12. Wash the cap thoroughly with antibacterial hand soap and rinse well with tap water, let air dry. Store in a plastic case; keep cool and dry. Avoid extreme heat or cold, do not leave in vehicle.
13. Check the cap for holes and tears before and after use. The cap is reusable for one year.
14. Do not use oil-based products - such as Vaseline, vaginal medications, mineral oil or hand lotion - with the cap. The FemCap is compatible with petroleum-based lubricants, water-based, or silicone-based lubricants.