

Information for Diaphragm

The diaphragm is a dome-shaped silicone cup that has a flexible rim. The diaphragm is a female barrier device used with spermicide to help prevent pregnancy. Diaphragms are available by prescription only.

Consider emergency contraception (Day After Pill) if the diaphragm is dislodged during sex or less than 6 hours after sex. Your medical provider can provide you with emergency contraception or you can buy it over the counter.

During and after sex, Caya prevents sperm cells from entering through the cervix into the uterus, which prevents unwanted pregnancies. When inserted correctly, the diaphragm covers the cervix and is positioned in the upper part of the vagina, between the pubic bone and the vaginal walls.

They are designed to be used with spermicide with every use. It is considered 86% effective with correct and consistent use, however only 82.2 % effective with typical use.

Do not use this method if you are HIV-positive or have sex with HIV-positive partners. Discuss your risk factors for acquiring HIV with your medical provider before starting a diaphragm for birth control. Caya Diaphragm is not recommended in the immediate (6 week) postpartum period. Not recommended for use with active cervicitis, pelvic inflammatory disease, during menses, or with a history of toxic shock syndrome. Talk to your medical provider if you have had a recent childbirth.

BENEFITS

- ❖ Reusable
- ❖ Cost-effective; you can use the same diaphragm for 2 years before it needs to be replaced
- ❖ Hormone free
- ❖ Can be combined with many other birth control methods; ask your medical provider for more information
- ❖ Can be used on demand
- ❖ Diaphragm is not often detected by the partner during vaginal intercourse

RISKS/SIDE EFFECTS (you may experience the following while using the diaphragm with spermicide):

- ❖ Toxic Shock Syndrome- a severe pelvic infection with symptoms such as: fever [101 degrees or higher], diarrhea, vomiting, muscle/joint aches, rash [like sunburn]. Contact your medical provider immediately or seek ER care if these symptoms are present.
- ❖ Pelvic discomfort
- ❖ Vaginal and urinary tract infections (bladder infection).
- ❖ Increase in susceptibility to HIV if exposed to positive partner
- ❖ Allergic reaction or vaginal irritation to material in the diaphragm or spermicide

ALTERNATIVES

You have received information on the other available birth control methods. Emergency contraception is available for situations of suspected contraceptive failure and offers a second chance to avoid unintended pregnancy.

INSTRUCTIONS

You have received information about the diaphragm and how to use it.

DECISION TO STOP USING THE DIAPHRAGM

You may stop using the diaphragm at any time. A woman is most likely to get pregnant if she or her partner does not use a method of birth control.

QUESTIONS

You may ask questions about the diaphragm at any time and contact the clinic with further questions.

INSTRUCTIONS FOR DIAPHRAGM USERS

1. Use the diaphragm with a spermicide gel every time you have intercourse, even during your period.
2. Plan to insert your diaphragm in plenty of time before intercourse. You can put it in just before intercourse; Caya can be placed up to 2 hours before intercourse.
3. To apply contraceptive gel (spermicide): Hold the diaphragm down (like a cup). Squeeze the contraceptive gel into the dome (use about one teaspoon). Spread some of the gel around the rim of the diaphragm with your finger.
4. **TO INSERT THE DIAPHRAGM:** First wash your hands with soap and water. Remove the Caya diaphragm from the case. Before the first use, the Caya diaphragm should be washed with soap and water, rinsed and then dried with a soft clean cloth. It is recommended to use Caya in combination with a spermicide or contraceptive gel.

Before insertion, fold Caya using the grip dimples on each side and squeeze about one teaspoon of spermicide or contraceptive gel into each of the folds.

Hold the Caya diaphragm with one hand. Place the thumb and index finger on the grip dimples along the rim, squeezing it lightly for insertion. Make sure the arrow is pointing toward your body. Be careful not to spill out the spermicide.

Using your free hand, spread the labia at the opening to the vagina. Push Caya deeply along the back vaginal wall (towards your back) until the cervix rests inside the cup. Once it is in place properly you should not be able to feel it, except with your fingers. If it is uncomfortable, or you can feel it, take it out and reinsert it.

- Manufacturer insertion instructions can be found, with a video guide, at <https://www.caya.us.com/how-to-use-caya/>

5. **TO CHECK THE PLACEMENT OF YOUR DIAPHRAGM:** Using your finger, verify your cervix is covered by the membrane of the Caya diaphragm. If you can feel the cervix through the cup, then it is in the correct position. If not, remove the diaphragm and try inserting it again. The back rim of the diaphragm is below and behind the cervix and the front rim is behind the pubic bone when correctly placed. Often it is not possible to feel the back rim. You should check to ensure you can feel your entire cervix covered by the soft rubber dome of the diaphragm.
6. Avoid use of oil-based lubricants such as mineral oil, baby oil, vegetable oil or Vaseline with your diaphragm. Some vaginal medications may be harmful to the diaphragm. Check with your medical provider before using any vaginal medication with your diaphragm.
7. After intercourse, leave the diaphragm in place for at least 6 hours. Remove it whenever it is convenient for you after that. Use an additional application of contraceptive gel into the vagina if you have intercourse

more than once. Do not leave the diaphragm in place for more than 24 hours.

8. **TO REMOVE THE DIAPHRAGM:** First wash your hands with soap and water. Place your index finger behind the front rim of the diaphragm and pull out the Caya diaphragm using the removal dome. Be careful not to puncture the diaphragm with a fingernail.
9. **CARE OF THE DIAPHRAGM:**
 - a. After each use, wash the diaphragm with plain soap and water, rinse it, and dry it with a clean, soft towel or let it air dry.
 - b. Store the diaphragm in the provided case. Do **not** use talcum powder or perfumed powder on the diaphragm, they may damage it.
 - c. Check your diaphragm for holes or tears before each time you use it. Hold it up to the light and stretch the dome slightly with your fingers to see any defects in the rubber.
10. Your diaphragm should not interfere with normal activities. Urination or a bowel movement should not affect its position, but you can check its placement afterward if you wish. It is fine to bathe or shower with the diaphragm in place.