

Contraceptive Diaphragm

The diaphragm is a non-hormonal and “on-demand” contraceptive method used by a person with a vagina and uterus. It works by holding spermicide in place near the cervix (opening of the uterus).

The Caya diaphragm is a silicone contoured dome-like device that fits between the cervix and the pubic bone. It comes in one size which fits most people. It is available by prescription and is covered by SHIP.

A clinician visit is recommended to ensure proper fitting and to confirm one’s ability to place and remove it correctly.

Typical effectiveness is between 82-88%. For optimal effectiveness, it is important to carefully follow the instructions.

Advantages

- Some patients prefer non-hormonal methods
- User-controlled
- Immediately reversible
- Reusable
- Can be used for up to 2 years.
- Single size (fits most)
- May be used for multiple acts of intercourse
- May be combined with other methods to increase effectiveness (e.g. male condoms).

Disadvantages

- Higher failure rates
- Can lead to increased risk of bladder infections (UTI)
- Does not protect against STDs or HIV.
- Must be used every time and careful attention must be paid to use
- May be locally irritating
- Theoretical risk of Toxic Shock Syndrome (very rare)

Instructions for Use

- To apply spermicide, hold the diaphragm with the dome down (like a cup). Squeeze about 1 teaspoon of spermicidal jelly into the dome and place spermicide around the rim of the device.
- The diaphragm may be inserted just before intercourse or up to 6 hours before intercourse.
- Check the position of the diaphragm. When correctly placed, the back rim is below and behind the cervix, and the front rim is tucked behind the pubic bone. Use an index finger to locate the cervix. (It feels much like the tip of your nose.) The cervix should be covered by the soft dome of the diaphragm. Then check to be sure the front rim is snugly in place behind the pubic bone.
- Do not remove the diaphragm for at least 6 hours after the last act of intercourse. It is all right to bathe or swim with the diaphragm in place. When the six hours are up, the diaphragm may be removed. Try to remember the 6:6 rule: insert up to 6 hours before and leave in 6 hours after intercourse. Do not leave it in more than 24 hours.
- If intercourse is repeated before the six hours have passed, insert an applicator-full of spermicide directly into the vagina without disturbing the diaphragm. Remember to leave the diaphragm in place for 6 hours after the last act of intercourse.
- To remove the diaphragm, hook one finger underneath or over the front rim and pull downward and out.



Diaphragm Care

Wash with plain soap and warm water, rinse and dry. Periodically check for small holes by holding the diaphragm up to a light. Discoloration does not affect the use of the diaphragm. With good care, a diaphragm usually lasts for 2 years. Store in a cool place.

Toxic Shock Syndrome

To minimize the risk for toxic shock, wash hands with soap and water before inserting or removing the diaphragm. Also, if at all possible, do not leave the diaphragm in place more than 24 hours.

A word about safer sex

While the diaphragm is an effective method for preventing pregnancy, it does not offer sufficient protection against contracting sexually-transmitted diseases. Seriously consider using condoms consistently in order to protect yourself and your partner(s). The use of condoms will also increase the contraceptive efficacy of the diaphragm.

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