

FACT SHEET : DIAPHRAGM Caya® and Milex®

Remember, the diaphragm **does not protect you from Sexually Transmitted Infections or HIV.**

If you are looking for protection from STIs and HIV, both the internal and external condoms are great options!



HOW DOES THE DIAPHRAGM WORK?

- The diaphragm is a small cup made of soft silicone that covers your cervix. The diaphragm holds spermicide (a gel or cream that kills sperm) near your cervix.
- The diaphragm blocks sperm from reaching the egg. If sperm do not reach the egg, you cannot get pregnant.
- No method of birth control is 100% effective. 17 in 100 people using the diaphragm for a year get pregnant.

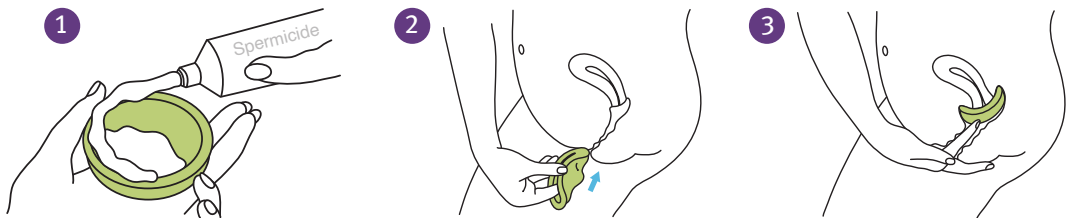
WHEN DO I USE THE DIAPHRAGM?

- Use the diaphragm with spermicide each time you have sex.
- If you have a vaginal infection, **do not use the diaphragm. Use condoms** until the infection is gone.

HOW DO I USE THE DIAPHRAGM?

- **There are two kinds of diaphragms available:** Milex® and Caya®
- Your clinician will fit you for Milex® to make sure you get the right size. Caya® comes in one size and fits most people.
- Insert the diaphragm into your vagina up to 2 hours before sex. If it's been more than 2 hours, just add more spermicide.
- After sex, keep the diaphragm in for at least 6 hours. Do not keep the diaphragm in you for more than 24 hours at a time.

HOW DO I INSERT THE DIAPHRAGM?



Reprinted with permission from Planned Parenthood® Federation of America, Inc.
© 2011 PPFA. All rights reserved.

- Put about a teaspoon of spermicide in the cup and around the rim of the diaphragm. *[Diagram 1]*
- Find a comfortable position (for example: lying down, squatting, standing with one leg on a chair).
- With one hand, pinch the rim of the diaphragm together to fold it in half with the spermicide inside the fold. With the other hand, open your vagina. *[Diagram 2]*
- Put the diaphragm into your vagina. With one finger, push the diaphragm as far into your vagina as it can go. You should be able to feel the cervix (it feels like the tip of your nose) through the diaphragm. If you cannot feel your cervix, remove the diaphragm, put more spermicide in the cup, and insert the diaphragm again. *[Diagram 3]*
- If you have sex again within 6 hours, leave the diaphragm in. Put more spermicide in your vagina with an applicator or with your fingers.
- You can involve a partner in these steps to make the process more fun!

continued on the other side →



HOW DO I REMOVE THE DIAPHRAGM?

- Hook onto the rim of the diaphragm with one finger and gently pull it down and out. Be careful to not tear a hole in the diaphragm.
- Wash the diaphragm with mild soap and warm water and let it air-dry. Make sure there are no holes in your diaphragm. If your diaphragm has a hole, do not use it and contact your clinician.

HOW DO I STORE THE DIAPHRAGM?

- Keep the diaphragm in a clean container. Store it in a cool, dry place away from sunlight.

HOW LONG DOES THE DIAPHRAGM LAST?

- Your diaphragm will last up to 2 years with proper care.
- If you have the Milex[®] diaphragm, it's good to have your clinician check the fit if you gain or lose a lot of weight, or after you've been pregnant (whether or not you gave birth).

WHAT IF I STOPPED USING THE DIAPHRAGM AND HAD UNPROTECTED SEX?

- You can take Emergency Contraception (EC) **right away**. EC can prevent pregnancy up to 5 days after sex, and it works better the sooner you take it.

WHAT DO PEOPLE LIKE ABOUT THE DIAPHRAGM?

- The diaphragm is a safe and effective birth control method.
- You can have sex as many times as you like while it's in (you just have to apply more spermicide before each time)
- You can use the same diaphragm over and over for up to 2 years.
- The diaphragm has no hormones. It's a great option for people who prefer a method without hormones.
- Neither you nor your partners will feel the diaphragm during sex.
- It is safe to use while breast/chestfeeding starting 6 weeks after childbirth.

HOW WILL THE DIAPHRAGM AFFECT ME?

- Some people get urinary tract infections or bladder infections after using a diaphragm.
- Some people are allergic to the diaphragm or to spermicide.
- You may have some vaginal irritation caused by the spermicide.

IS THE DIAPHRAGM SAFE?

- Diaphragms are very safe. Serious problems are very rare.
- You should not use the diaphragm during the first 6 weeks after childbirth. Safer options include progestin-only methods and condoms.
- Diaphragms must be used with spermicide. Spermicides contain a chemical (nonoxynol-9) that can raise your risk of getting HIV or other sexually transmitted infections.
- If you have any of the symptoms below, contact your clinician:
 - Burning with urination
 - Vaginal itching or unusual discharge
 - Fever ($>101^{\circ}\text{F}$)

