

Single-Size Contraceptive Barrier Device

CAYA® DIAPHRAGM

What is it!

Caya® is a silicone diaphragm which has been manufactured to have a more anatomical shape than traditional dome diaphragms. It has an oval contoured shape, flexible rim, grip dimples and a removal dome.

It is placed in the vagina **prior to having sex** so that it covers the cervix (entrance to the uterus) and tucks in behind the pubic bone. It is held in position by the pelvic muscles. Unlike traditional diaphragms, Caya® is available in one size only with this design estimated to fit approximately 80% of women. While the Caya® diaphragm can be purchased without the need for fitting, Family Planning Organisations recommend that where possible women are assessed by a health professional to make sure it fits correctly and to check that the device is inserted correctly to cover the cervix.

The diaphragm must be left in place for at least six hours after intercourse to allow any sperm in the vagina to die.



How effective is the Caya® diaphragm?

As Caya® is a relatively new product so there is limited data available on its effectiveness as a contraceptive. Data from clinical trials so far indicate that it is approximately between 82% and 86% effective. This means that between 14 and 18 out of every 100 women who use this method for a year may become pregnant when using the diaphragm.

The Caya® diaphragm, like all contraceptive diaphragms, is less effective than other methods of contraception including the contraceptive pill, implant and intrauterine methods.

Who can use it?

Caya® may be suitable for women who:

- prefer an alternative to hormonal contraception
- are allergic or sensitive to latex
- accept that there is a higher risk of pregnancy
- want to use contraception only when required
- are breastfeeding.

- **Caya® is not suitable for women who:**
- need highly effective protection against pregnancy
- have previously been fitted with a diaphragm which was size 60mm or smaller, or 85mm or larger
- have given birth less than six weeks ago
- have a history of toxic shock syndrome
- have certain types of vaginal prolapse or another anatomical reason that would make the diaphragm unsuitable.



How to use a Caya® diaphragm

It is a good idea to practise inserting and removing your diaphragm before using it for contraception. Written instructions are also available from the manufacturer, so read these carefully before use.

- Wash your hands with soap and water
- Apply a teaspoon of acid-based lubricant gel (Caya gel®) to the inner rim of the diaphragm as recommended by the manufacturer
- Use the dimpled grips and squeeze the rim together
- Making sure the arrow on Caya® is pointing towards your body, insert the diaphragm into your vagina and gently guide it backwards and upwards as far as possible
- Tuck the diaphragm behind the pubic bone ridge at the front of your vagina
- Feel with your fingers to check that your cervix is completely covered by the diaphragm (your cervix should feel quite firm like the tip of your nose). If the diaphragm is not in the correct position, remove it and try again
- After sexual intercourse, Caya® must be left in place for at least six hours, but no longer than 24 hours without being removed for cleaning
- To remove the diaphragm, simply hook your finger into the removal dome and pull it out
- Clean the diaphragm by washing it with warm water and a mild soap. Rinse it thoroughly and leave to air dry before storing away in its container.

Note: Living in The NT we recommend this product be stored in the fridge when not in use due to our extreme heat.

How to take care of a Caya® diaphragm

The Caya® diaphragm should last for up to two years depending on how often it is used and how you care for it.

After each use, the diaphragm should be cleaned, rinsed, air-dried and stored in a cool, dry place. It should be checked regularly for tears by holding it up to the light and stretching it gently between your fingers. If it feels 'tacky' this may mean the silicone is perishing.

Avoid contact with disinfectants, detergents, perfumed soaps or powders.

Advantages

The Caya® diaphragm:

- does not interfere with hormones or the menstrual cycle
- can be inserted at any convenient time prior to intercourse and doesn't need to interfere with sexual spontaneity
- can be purchased without visiting a health professional.

Disadvantages

The Caya® diaphragm:

- is less effective than some other methods of contraception
- does not protect against sexually transmissible infections (STIs)
- is unacceptable for women who don't feel comfortable with insertion/removal
- needs to be carried with you and inserted at any time you may have intercourse.

The diaphragm does not protect against sexually transmissible infections (STIs)

What if the diaphragm is dislodged or breaks during sex?

If the diaphragm moves out of place, tears or is not used properly, emergency contraception should be considered.

The Emergency Contraceptive Pill (ECP) can be used to help prevent pregnancy. It is available without a prescription from pharmacies. It should be taken as soon as possible after unprotected intercourse. Contact your Family Planning clinic or GP if you are unsure whether you need to take the ECP.

What if I forget to use it?

Different methods of emergency contraception are available, such as emergency contraceptive pills and copper IUD. Emergency contraception is most effective when used as soon as possible after unprotected sex. Visit your doctor, pharmacist or ring Family Planning as soon as possible.

NOTE: ORTHO® ALL-FLEX® diaphragm range ceased supply as of 18th December 2015.
For more information visit www.caya.eu

End

Kind thank you: Information adapted from FPNSW and SHQ Diaphragm information