

Diaphragm check-up

You may need to come back to the clinic for a check one or more weeks after the fitting. Practise putting it in your vagina, using it during intercourse as well as wearing and removing the diaphragm. Wear it for 8 hours to make sure that it stays comfortable.

If the diaphragm moves out of place, tears or is not used correctly, there is emergency contraception is available.

Use of Spermicide

The manufacturer recommends use with a lactic acid containing lubricant gel. Family Planning NT sells this gel.

Where do I get a diaphragm?

Caya® is available in one size only, with this design estimated to fit approximately 80% of people. While the diaphragm can be purchased without a fitting, FPNT recommends that where possible you are assessed.

Caya® is available for sale at Family Planning Clinics and from some chemists.

For further information please call:

ph: (08) 89480144

or

visit www.fpwnt.com.au

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Family Planning
Welfare Association of NT Inc.

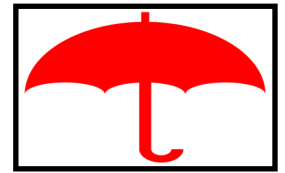
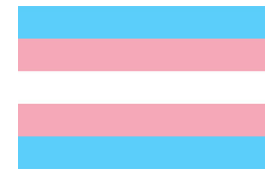
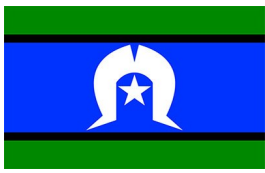
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CAYA® Diaphragm **single size contraceptive** **barrier device**



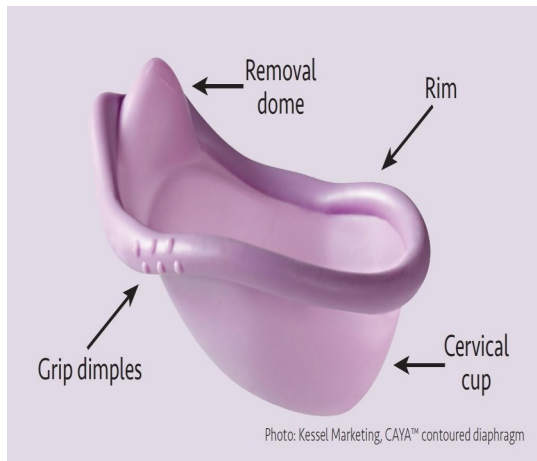
MISSION STATEMENT

Family Planning Welfare Association of NT Inc will advocate for and provide enhanced reproductive and sexual health and well being to all Territorians. This will be achieved through the provision of best practice clinical care and contemporary education and information services.



What is it?

A diaphragm is a barrier method form of contraception. It's a shallow dome of silicone with a firm and flexible rim. A diaphragm is placed in your vagina like a tampon 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.



How does it work?

A diaphragm blocks sperm getting into the uterus during sexual intercourse. Sperm can live for several hours in the vagina so the diaphragm must be left in place for at least 6 hours after sex until the sperm in the vagina die.

The manufacturer recommends also using Caya gel, a lactic acid based gel that is used on the inside of the diaphragm next to the cervix.

How to use a diaphragm

- The diaphragm is put into the vagina at a convenient time before sexual intercourse
- Use the dimpled grips and squeeze the diaphragm together.
- Caya® diaphragm is inserted a bit like a tampon. Making sure that the arrow on the device is pointing towards the body, insert into the vagina and gently guide it backwards and upwards towards the small of the back as far as it will go.
- Tuck the diaphragm behind the pelvic bone ridge at the front of the vagina.
- Make sure you can feel the cervix (the smooth knob that forms the entrance to the womb) through the diaphragm to know it is in position.
- The diaphragm needs to be left in place for at least six hours after sexual intercourse.



How do I remove a diaphragm?

The diaphragm has a dome to facilitate removal. Hook the index finger into the dome to remove, wash with warm water and plain unperfumed soap and leave it to air dry before storing in its case.

How to look after a diaphragm

- The diaphragm should last up to 2 years if properly cared for.
- Wash the diaphragm in warm soapy water after use and leave it to air dry.
- The diaphragm should avoid disinfectants, detergents, powders or perfumed soaps which may weaken and damage it
- In the tropics many people choose to store their diaphragm in the fridge to maintain a constant cool temperature.

How effective is it?

Diaphragms are not as effective as some other methods of contraception including the pill, implanon and intrauterine devices (IUDs). The diaphragm is 86% effective in perfect use, and 82% effective in real life or "typical" use. The main reason is that people do not use it correctly and/or do not use it every time they have sexual intercourse.

Possible Problems

- It is important to decide before each sexual intercourse to use it every time.
- You will need to feel OK about putting your fingers in your vagina.
- Sometimes it is difficult to get a good fit.

No method of contraception is perfect for every couple. Think about the benefits and problems before making your choice. If you do decide to use the diaphragm, use it correctly. The one time you do not is the time you might get pregnant!