

# Family Planning

## Welfare Association of NT Inc.

ABN 38 812 238 738

*Family Planning Welfare Association of the NT Inc exists to provide quality health care and education services in reproductive & sexual health*

## The Diaphragm

### What is it?

The diaphragm is a single size dome shaped silicone object, which has been manufactured to have a more anatomical shape than traditional dome diaphragms. It has an oval shape, flexible rim, grip dimples and a removal dome. It is placed in the vagina so that it covers the cervix (or neck of the womb) and tucks in behind your pelvic bone.

### How does it work?

It is held in position by the muscles of your pelvis and makes a barrier to stop the sperm from entering the uterus (womb). After intercourse the diaphragm must be left in place for a further six hours during which time any sperm in the vagina die. The manufacturer recommends use with a lactic-acid containing lubricant gel.

### How effective is it?

- Typical use the diaphragm is 82 -86% effective at preventing pregnancy.

### Where do I get a diaphragm?

- Caya® diaphragm is available in one size, with this design estimated to fit approximately 80% of women. While the diaphragm can be purchased without a fitting, FPNT recommends that where possible women are assessed.
- Caya ® is available for sale at Family Planning NT.

### 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 abit like a tampon. Making sure that the arrow on the device is pointing towards the body, insert the diaphragm in to 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 that the diaphragm is in position.
- The diaphragm needs to be left in place for a t least six (6) 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

- Wash the diaphragm in warm water, and plain non perfumed soapy water after use and leave it to air dry.
- The diaphragm should last up to 2 years if property cared for.

- The diaphragm should avoid disinfectants, detergents, powders or perfumed soaps which may weaken and damage the diaphragm.
- In the tropics many women store their diaphragm in the fridge to maintain a constant cool temperature.

### Diaphragm check-up

- You may need to come back to the clinic one or more weeks after the first fitting. Practice 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, emergency contraception is available.**

### Use of spermicides

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

### 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!

For further information please call:

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visit [www.fpwnt.com.au](http://www.fpwnt.com.au)

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