



**NORTH DAKOTA DEPARTMENT OF HEALTH**  
**Family Planning Program**

**INFORMATION FOR  
DIAPHRAGM**

The diaphragm is a dome-shaped silicon cup that has a flexible rim. The diaphragm is a female barrier device used with spermicide to help prevent pregnancy. Diaphragms are available by prescription only. The Caya diaphragm has essentially replaced earlier dome-shaped fitted diaphragms in the U.S.

Consider emergency contraception (Day After Pill) if diaphragm is dislodged during sex or less than 6 hours after sex. Your medical provider can provide you with emergency contraception or you can buy it over-the-counter.

They are designed to be used with spermicide with every use. It can be 70-88% effective when used correctly. Do not use this method if you are HIV positive or have sex with HIV positive partners. Discuss your risk factors for getting HIV with your medical provider before starting a diaphragm for birth control.

**BENEFITS:**

- \* Some protection against some sexually transmitted infections and pelvic inflammatory disease.
- \* Reusable
- \* Cost-effective; you can use the same diaphragm for 1-2 years
- \* Can be combined with many other birth control methods; ask your medical provider for more information
- \* Hormone free
- \* Can be used on demand

**RISKS/SIDE EFFECTS:** You may experience the following while using the diaphragm with spermicide:

- \* Increase in susceptibility to HIV if exposed to positive partner
- \* Allergic reaction or vaginal irritation to material in the diaphragm or spermicide.
- \* Pelvic discomfort
- \* Increase in vaginal discharge if left in too long
- \* Vaginal and urinary tract infections (bladder infection).
- \* Toxic Shock Syndrome- a severe pelvic infection with symptoms such as: fever [101 degrees or higher], diarrhea, vomiting, muscle/joint aches, rash [like sunburn]. Contact your medical provider immediately or seek ER care if these symptoms are present.

**ALTERNATIVES:** You have received information on the other methods of birth control that are available. For situations of suspected contraceptive failure, emergency contraception is available and offers a second chance to avoid unintended pregnancy.

**INSTRUCTIONS:** You have received information about the diaphragm and how to use it.

**DECISION TO STOP USING:** You may stop using the diaphragm at any time. A woman is most likely to get pregnant if she or her partner does not use a method of birth control.

**QUESTIONS:** You may ask questions about the diaphragm at any time and may contact the clinic with further questions.

## INSTRUCTIONS FOR DIAPHRAGM USERS

1. Use the diaphragm with contraceptive jelly or cream (called spermicide) every time you have intercourse, even during your period.
2. Plan to insert your diaphragm in plenty of time before intercourse. You can put it in just before intercourse or anytime up to 2 hours for Caya.
3. To apply contraceptive jelly or cream (spermicide): Hold the diaphragm down (like a cup). Squeeze the contraceptive jelly or cream into the dome (use about one tablespoon). Spread some of the cream or jelly around the rim of the diaphragm with your finger.
4. **TO INSERT THE DIAPHRAGM:** First wash your hands with soap and water. With one hand hold the dome of the diaphragm down (contraceptive jelly or cream in the dome). Then press opposite sides of the rim together so the diaphragm folds. Be careful to not spill out the spermicide. Spread the lips of your vagina with your other hand and insert the folded diaphragm into your vagina. This can be done standing with one foot propped up (on the edge of the bathtub or toilet), squatting, or on your back. Push the diaphragm downward and back along the wall of your vagina as far as it will go. Then tuck the front rim up along the roof of your vagina behind your pubic bone. Once completely inserted, the diaphragm should fully cover your cervix. Once it is in place properly, you should not be able to feel it, except with your fingers. If it is uncomfortable, or you can feel it, take it out and reinsert it.
  - Informational video for Caya patient instructions in both English and Spanish can be found at Use – Caya® Diaphragm
5. **TO CHECK THE PLACEMENT OF YOUR DIAPHRAGM:** The back rim of the diaphragm is below and behind the cervix and the front rim is behind the pubic bone when correctly placed. Often it is not possible to feel the back rim. You should check to be sure that you can feel your entire cervix covered by the soft rubber dome of the diaphragm.
6. Avoid use of oil-based lubricants such as mineral oil, baby oil, vegetable oil or Vaseline with your diaphragm. Some vaginal medications may be harmful to the diaphragm. Check with your medical provider before using any vaginal medication with your diaphragm. Use more contraceptive jelly if you need more lubrication.
7. After intercourse, leave the diaphragm in place for at least 6 hours. Remove it whenever it is convenient for you after that. Use an additional application of contraceptive jelly or cream if you have intercourse more than once. Do not leave the diaphragm in place for more than 24 hours.
8. **TO REMOVE THE DIAPHRAGM:** First wash your hands with soap and water. Place your index finger behind the front rim of the diaphragm and pull down then out. Be careful not to puncture the diaphragm with a fingernail.
9. **CARE OF THE DIAPHRAGM:**
  - a. After each use, wash the diaphragm with plain soap and water, rinse it and dry it with a towel.
  - b. Store the diaphragm in the provided case. Do **not** use talcum powder or perfumed powder on the diaphragm, they may damage it.
  - c. Check your diaphragm for holes or tears each time you use it. Hold it up to the light and stretch the dome slightly with your fingers to see any defects in the rubber.
10. Your diaphragm should not interfere with normal activities. Urination or a bowel movement should not affect its position, but you can check its placement afterwards if you wish. It is fine to bathe or shower with the diaphragm in place.