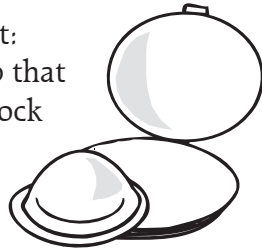


# Facts About Diaphragms



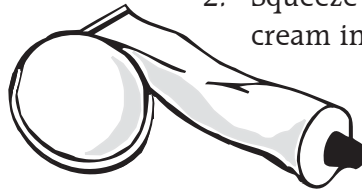
## What is a diaphragm?

A diaphragm (how you say it: DIE-ah-fram) is a rubber cup that you put in your vagina to block sperm from going into the opening of your uterus (womb).



## How does it work?

When it is put in the right way, a diaphragm keeps a man's sperm from going inside a woman's womb. The diaphragm works best when you use a cream or jelly that kills sperm (spermicide) with it. The three kinds of diaphragms include: arching spring, coil spring and wide seal.



## How well does it work?

When it is put in and used the right way, a diaphragm will prevent pregnancy 87 to 95 percent of the time. In order to use it the right way, you may need to practice putting it in.

## Why is a diaphragm a good choice for me?

There are no serious side effects.

## Will I have any problems if I use a diaphragm?

Probably not. Sometimes the diaphragm (or the sperm-killing jelly) may cause burning or itching.

## How do you use a diaphragm?

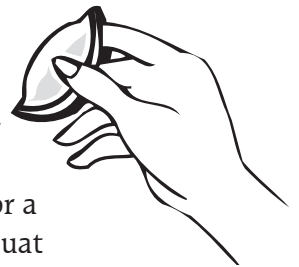
### To get the diaphragm ready:

Put sperm-killing jelly or cream in the diaphragm and around its rim.

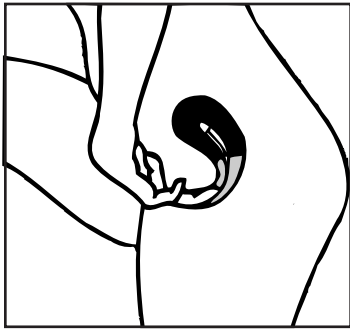
1. Hold the diaphragm with the rim of the cup up.
2. Squeeze about one teaspoon of the jelly or cream into the cup.
3. Spread a little jelly/cream around the rim of the diaphragm with your finger.

### To insert the diaphragm:

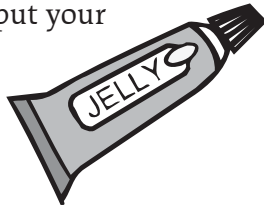
1. Hold the diaphragm, cup down (cream/jelly in the cup.)
2. Using your thumb and fingers, squeeze the opposite sides of the rim together so the diaphragm folds up.
3. Put the folded diaphragm into your vagina. The best way to do this is by standing on one foot and putting the other foot up on the edge of a chair, a bathtub or a toilet. You can also squat down or lie on your back.



continued on back



4. Push the diaphragm up as far as it will go.
5. Tuck the front rim up along the top of your vaginal canal, behind your pubic bone.
6. Once the diaphragm is in place, you should not be able to feel it. If it does not feel right or hurts you, take it out and put it in again.
7. The diaphragm can be put in up to six hours before you have sex. If it has been more than six hours since you put your diaphragm in and you have not yet had sex, you must remove the diaphragm, add more jelly/cream, and re-insert it.



### When you have sex:

1. Leave the diaphragm in place for at least six hours after sex.
2. Do not douche. If you feel you must douche, wait at least six hours.
3. Remember that the sperm-killing cream or jelly only lasts about an hour.
4. If you have sex more than once, **leave your diaphragm in place and put in another dose of sperm-killing cream or jelly. Use the plastic stick applicator to put fresh jelly or cream in front of the diaphragm.**

### To take the diaphragm out:

1. Leave diaphragms in place for at least six hours after having sex.
2. To remove, wash your hands with soap and water.
3. Gently hook your finger under the rim and pull downward.
4. After removing it, wash your device with soap and warm water and store it in its container. Before using again, inspect for splits or pinholes.

### Where can I get a diaphragm?

**You can get a diaphragm from the health department or from a private doctor. Since the diaphragm is fitted to you, you must have your own diaphragm. If you have just had a baby, you will probably need to be fitted with a new diaphragm. If you lose or gain weight, your health care provider may need to refit your diaphragm.**

### Can I breastfeed my baby while using a diaphragm?

**Yes!**

### REMEMBER:

Using a diaphragm does not protect you from getting AIDS or any other disease you can get when you have sex. To protect yourself, use a latex condom each time you have sex.

DOCTOR/CLINIC PHONE NUMBER:

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