

Patient's Instructions

Diaphragm Education

About your Diaphragm

Your Diaphragm is a shallow cup with a flexing rim. When the diaphragm is coated with spermicidal gel and placed over the cervix, it prevents sperm from entering the uterus and provides a reservoir for the spermicidal gel or cream.

Cleaning your Diaphragm Prior to first time Use

Your Diaphragm has been powdered with food-grade powder. Clean your diaphragm before the initial use by washing it with a mild, non-perfumed soap and warm water. Once complete, rinse your diaphragm and dry it carefully.

Directions for use:

- 1.) With clean hands, place the previously washed diaphragm on a flat surface with the dome of the cup down. Add spermicidal gel or cream into the cup of the diaphragm.
 - a. With your forefinger, spread the gel around the inside of the cup, under and around the surface of the silicone lip. Applying a thin layer of gel or cream on the first entering lip of the diaphragm makes it easier to insert and helps hold it in place.
- 2.) The diaphragm can be inserted while standing with one leg on a chair or stool, lying down, squatting, or sitting forward on the edge of a chair.
 - a. Remember that the position of the cervix and vaginal vault changes with positions so always be certain that the cervix is covered.
- 3.) Holding the diaphragm with the dome down, press the two notches in the diaphragm lip together. Now spread the lips of the vagina with one hand and gently insert the diaphragm, dome down, into the vagina along the rear wall as far as it will comfortably go. Do not pinch the diaphragm
- 4.) Positioning the diaphragm:
 - a. Tuck the front of the diaphragm up into the pubic notch so it is pressed against the front wall of the vagina.
- 5.) Do not douche or remove the diaphragm for at least 6 hours after intercourse. The diaphragm should be removed as soon as possible after the 6 hours is completed. Early removal of the diaphragm increases the risk of pregnancy.
- 6.) **The diaphragm should not be left in place continuously, for more than 24 hours.**
- 7.) Removing the diaphragm:
 - a. Insert your index finger behind the front rim to break the suction.
 - b. With your finger inside the rim, pull the diaphragm down and withdraw it.
 - c. Do not pinch the diaphragm; simply pull it gently with your finger.

Care of the diaphragm:

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- 1.) Wash the diaphragm with liquid soap and in lukewarm water
- 2.) Thoroughly rinse in clear water and let air dry
- 3.) Once the diaphragm is completely dry, place back in original plastic container

Contact your provider:

- 1.) If the diaphragm no longer fits snugly and slips out of place when you cough or walk
- 2.) If you have questions or are uncertain about insertions, placement and use of your diaphragm
- 3.) If you have gained or lost more than 10 pounds
- 4.) If you have had a baby, an abortion or vaginal surgery
- 5.) If you notice any signs of deterioration in the diaphragm
- 6.) If there is blood on the diaphragm when it is removed, not during normal menstruation
- 7.) If the diaphragm is felt by you or your partner during intercourse
- 8.) If you are unable to remove the diaphragm