

DIAPHRAGM (Caya)

What is the diaphragm (Caya)?

A diaphragm is a shallow, cup-shape made of silicone. In Australia there is one size of diaphragm available, sold as Caya. It is used with a special gel (jelly-like material), sold as Caya Gel.

How effective is the diaphragm?

The diaphragm is 86% effective at preventing pregnancy if used correctly, every time you have sex. Given mistakes might happen, such as incorrect use, not inserting properly before sex or removing too soon after sex, the diaphragm might only be 82% effective.

How does the diaphragm work?

The diaphragm and gel work as a barrier to prevent sperm from passing from the vagina, through the cervix into the uterus. The sperm die off quickly in the vagina.

How do I use the diaphragm?

Check the expiry date before use. Place a teaspoon of Caya Gel in the cup of the diaphragm. Then squeeze the diaphragm and insert it into your vagina so it covers the cervix (opening to the uterus/womb).

The diaphragm may be inserted up to 2 hours before having sex. It must stay in place for at least 6 hours after sex. If you have sex again with the diaphragm in, you should insert another teaspoon of the Caya Gel into the vagina. The diaphragm can stay in place for a maximum of 24 hours.

After use, the diaphragm should be rinsed clean with warm water and unperfumed soap, patted dry and returned to its case. It should be stored away from heat.

A doctor or nurse can provide information about how to insert the diaphragm correctly and comfortably. You can also watch a video with instructions from the Caya website.

Before you use the diaphragm during sex, you can ask a doctor or nurse to check you are inserting it correctly and it fits. The diaphragm is the wrong shape for about one in seven people.

Where can I get the diaphragm?

You can buy the diaphragm and gel from some pharmacies/chemists, family planning clinics, and online. You do not need a script to buy the diaphragm.

What stops the diaphragm from working?

The diaphragm might not work if it is:

- not inserted correctly
- used without the gel
- taken out less than 6 hours after sex
- torn
- past its expiry date or has been used for 2 years or longer.

What is good about the diaphragm?

- You can insert it hours before having sex.
- It has little or no side effects.
- You can buy it without a script.

Are there any side effects from using the diaphragm?

Possible side effects for a small number of users can include:

- Irritation of the vagina or penis.
- Increased risk of bladder infection for the user.

Can the diaphragm cause any serious health problems?

The diaphragm might cause a very rare blood infection called toxic shock.

Disclaimer

This factsheet is for general information purposes only and should not be relied on as medical information. You should seek specific medical consultation for your individual circumstances.

Reasons why the diaphragm might not be a good option for you:

- Prone to bladder infections.
- Within 6 weeks after giving birth.
- If you are unable to feel if your cervix is correctly covered by the diaphragm.
- If you have a history of toxic shock syndrome.

What if I had sex without using diaphragm?

If you do not want to get pregnant, you might need emergency contraception, if you had sex without using the diaphragm or other type of contraception (check with your doctor, nurse or pharmacist).

Can I use diaphragm after I have had a baby?

You should usually wait six weeks after having a baby to start using the diaphragm.

What else should I know about the diaphragm?

- The diaphragm does not protect against sexually transmissible infections (STIs). The diaphragm can be used with external or internal condoms to provide STI protection.
- After the first use, the diaphragm should not be used for longer than 2 years and a new diaphragm should be purchased.

Disclaimer

This factsheet is for general information purposes only and should not be relied on as medical information. You should seek specific medical consultation for your individual circumstances.