

Diaphragm and Cervical Cap

Caya, FemCap



How do the diaphragm and cervical cap work?



- Diaphragms and cervical caps create **a barrier over the cervix to stop sperm from entering the uterus**. They should be **used with spermicide**, a chemical harmful to sperm which makes the sperm unable to move or “swim” properly.
- Diaphragms come in **different shapes and brands**. A provider will **fit you for the right size**. One brand, the **Caya diaphragm is one-size-fits-most**. Consider having a provider still fit you for the **Caya** to make sure it will work. A diaphragm can be used for 2 years.
- **FemCap** is the only brand of cervical cap currently available. There are 3 sizes and a provider will **fit you for the right size**. A cervical cap can be used for 1 year.
- The diaphragm and cervical cap work for people of **all weights, all ages, and those using gender affirming hormone therapy**.

How do you use the diaphragm and cervical cap?

insert
before sex

You need to **see a provider** (for fitting and prescription) to start using a diaphragm/cervical cap.

You must use a diaphragm/cervical cap before **each act of penis-vagina sex**.

- Have a provider fit you for a diaphragm/cervical cap and fill the prescription at a pharmacy. Buy (or get a prescription for) spermicide. Wash your diaphragm/cervical cap with soap and water before and after use. Check for holes or tears. Wash your hands. Fill the cup and line the rim with spermicide.
 - **Diaphragm**: Pinch the rim to fold it in half with the spermicide inside. Insert it with the folded rim facing your frontside. Push it to your cervix. To remove, hook the rim to break the suction seal. Pull it out.
 - **Cervical cap**: Squeeze the rim and insert the longer rim first with the strap facing your backside. Push it to your cervix. To remove, push the dome to break the suction seal. Then use the strap to pull it out.
- Insert a diaphragm/cervical cap up to 2 hours before sex. **After sex, leave it in for at least 6 hours to work**. Diaphragms can be left in up to 24 hours and cervical caps up to 48 hours. You can have sex multiple times with it in, as long as your last sex is at least 6 hours before taking it out. For each act of sex, insert more spermicide into your vagina without removing the diaphragm/cervical cap.
- Do not use a diaphragm/cervical cap during your period as it may cause toxic shock syndrome.
- If you get pregnant (even if you do not give birth) or your weight changes by 10+ lbs, you must be refitted.



Privacy and control

- A provider is needed to start using a diaphragm/cervical cap because of the fitting and prescription. You can decide to stop using a diaphragm/cervical cap on your own.
- Your partner may be able to notice your diaphragm/cervical cap during sex or taste the spermicide.
- Someone you live with or who you share insurance with may see a bill from your insurance.
- Someone else cannot see that you are using this method. Someone might find your diaphragm/cervical cap or spermicide.

When starting the diaphragm or cervical cap, will it work immediately?



Yes, diaphragms and cervical caps work for each act of penis-vagina sex they are inserted correctly before according to directions. If used outside of the directed time frame or not inserted correctly, it will not work.



Diaphragms/cervical caps may not be right for people who have or had

- Toxic shock syndrome
- HIV/AIDS (or their partner)
- Cervical cancer
- Silicone allergy

This is not a complete list, talk to your provider about your medical history before starting this method.



Use emergency contraception if

- You did not insert the diaphragm/cervical cap **within 2 hours of sex**.
- You did not leave the diaphragm/cervical cap in **at least 6 hours after sex**.
- **You did not use spermicide with it**.
- You notice a **hole or tear in it**.
- You are concerned you did not **insert it properly**.

How well do the diaphragm and cervical cap prevent pregnancy?



Diaphragm



On average, **17 out of 100 people using a diaphragm will get pregnant each year.** This means it is **83% effective** with typical use. Typical use considers how easy it is to use the diaphragm every time you have sex.

With perfect use, meaning the diaphragm is always used correctly, 16 out of 100 people using it will get pregnant each year. It is 84% effective.



Cervical Cap



A past pregnancy, even if you did not give birth, affects how well the cervical cap works.

Never pregnant: On average, **14 out of 100 people using the cervical cap will get pregnant each year.** This means it is **86% effective** with typical use. Typical use considers how easy it is to use the cervical cap every time you have sex.

Pregnant before: On average, **29 out of 100 people using the cervical cap will get pregnant each year.** This means it is **71% effective.**

You can use another method of contraception with the diaphragm or cervical cap to provide more protection against pregnancy.

Side effects

Sexually transmitted infections: Does not prevent.

- If spermicide is used multiple times a day and causes irritation, it may make you more susceptible to sexually transmitted infections.
- Use external or internal condoms to lower your risk of all sexually transmitted infections.

Period: No effect.

Period cramps: No effect.

Weight: No effect.

Acne: No effect.

Fertility return: When you stop using a diaphragm or cervical cap, you can get pregnant right away.

Other possible side effects:

- Urinary tract infections
- Vaginal or skin irritation

Postpartum use

The diaphragm and cervical cap are **not safe to use right after giving birth.** At 6 weeks postpartum, once the cervix has returned to normal size, they are safe to use and will not affect lactation, breastfeeding/chestfeeding, or infant development. After giving birth, be refitted.

+ Contact your provider if you have

- Burning while peeing
- An incorrect fit or it is uncomfortable
- Sore or itchy vagina
- Abnormal vaginal discharge
- Signs of toxic shock syndrome

? Questions to ask your provider

- What if it falls out during sex?
- How do I wash and store it?
- Can I use it without spermicide?
- Can *Phexxi* replace spermicide?

Scan for a contraception guide and information sheets on each method.

