



Caya[®] *contoured diaphragm*

Consulting Guide – Caya[®] diaphragm

For the user, contraception using a diaphragm means confrontation with her body and her sexuality. The patient should be prepared to touch and explore herself in the genital area alone.

1. Which patients is the Caya[®] diaphragma suitable for?

The Caya[®] diaphragma is a contraceptive for all women seeking natural and safe contraception.

It is particularly suitable:

- If non-hormonal contraceptive is medically required (e.g. increased risk of thrombosis, cardiovascular disease, hypertension, congenital severe lipid metabolic disorders, acute pancreatitis, impaired glucose tolerance) or desired
- If an IUD is not medically possible or desirable
- During lactation
- In case of latex allergy
- In combination with natural methods of contraception
- When self-determined contraception is sought
- Between two pregnancies
- In combination with other methods of contraception (e.g. condoms)
- In case of infrequent intercourse (e.g. in weekend relationships)

2. If required, contraindications can be excluded by a gynaecological examination. Proceed as follows:

1. Palpate the inside of the symphysis and the cervix of the patient. They should not show any anatomic changes such as descensus uteri or absence of a retropubic space (see box "Contraindications").
2. Insert the patient's **Caya[®]** diaphragm. It should completely cover the cervix and be "anchored" between the posterior fornix and the niche on the pubic bone. Let the patient feel the correct seating with her finger.
3. The **Caya[®]** diaphragm must not exert pressure or be perceived as an unpleasant foreign object.
4. Vaginal self-examination is recommended. It helps the user to get acquainted with the anatomical structures in her vagina (cervix, retropubic niche). The user should first learn to feel her cervix and symphysis with one or two fingers (index and middle finger). This is necessary to control the proper intravaginal seating of the **Caya[®]** diaphragm after insertion.

The need for size determination as in the classic diaphragm is obviated. The **Caya[®]** diaphragm is available in one size and fits most women (corresponding to traditional diaphragm sizes of 65, 70, 75 or 80 mm).

CONTRAINDICATIONS

Absolute contraindications

- Application in the first 6 weeks after childbirth
- If previously diaphragms of size 60 mm or 85 mm and larger have been used
- Acute or chronic-recurrent urinary tract infections
- Infections of the genital organs and the true pelvis
- Pronounced descensus uteri and vaginae
- Cystocele with obliteration of the retropubic niche in the vagina
- Weakly formed or absent retropubic niche

Relative contraindications

- Marked and/or fixed retroversion / retroflexion
- Psychological or somatic difficulties with the application

In which sizes is the Caya[®] diaphragm available?

The **Caya[®]** diaphragm is available in **one size** that fits most women. Thanks to its special anatomical and ergonomic shape this size fits women who had sizes from 65 to 80 mm (inclusive) of conventional diaphragms.

Must a contraceptive gel be used?

It is recommended that you always use the **Caya[®]** diaphragm together with a contraceptive gel (e.g. **Caya[®]** gel). Use of a contraceptive gel demonstrably increases the reliability of the diaphragm method.

What to do in case of repeated sexual intercourse?

In case of repeated intercourse or when the **Caya[®]** diaphragm was inserted more than 2 hours before coitus, additionally gel must be introduced deeply into the vagina with an applicator, in front of the diaphragm, without removing the **Caya[®]** diaphragm before.

How is the diaphragm is cleaned and stored?

After removal from the vagina, the **Caya[®]** diaphragm is rinsed with water and soap and dried in the open case. The **Caya[®]** diaphragm should be stored in the provided case to protect it against external influences.

How long can the Caya[®] be used?

The **Caya[®]** diaphragm is reusable. It can be used for **2 years** from the first application.

Quick Start Guide for safe and easy use

	<p>Before insertion, Caya[®] is folded on the marked grip nubs. Into the corresponding membrane dent, about 4 ml (about one teaspoon) of contraceptive gel (Caya[®] Gel) are poured.</p>		<p>In case of repeated sexual intercourse, the diaphragm remains in the vagina. To ensure continued safety, before the second coitus additionally gel must be introduced into the vagina using the gel applicator.</p>
	<p>Small amounts of the gel are spread on the rim. Spreading the gel on the edge facilitates insertion into the vagina.</p>		<p>Only at least 6 hours after the last ejaculation the diaphragm may be removed from the vagina. (Otherwise motile sperm might ascend into the then unprotected cervical canal.)</p>
	<p>The Caya[®] diaphragm and contraceptive gel can be applied up to 2 hours before coitus.</p>		<p>Then the Caya[®] is pulled out of the vagina using the recessed grip.</p>
	<p>The diaphragm is held in one hand. During insertion, the arrow on it points towards the body.</p>		<p>After removal from the vagina, the Caya[®] diaphragm is rinsed with water and soap and dried in the open case.</p>
	<p>Caya[®] is pushed past the vaginal portion of the cervix into the posterior fornix. The recessed grip fills the retropubic space completely.</p>		<p>For protection against external influences, the Caya[®] should always be stored in the supplied case.</p>
	<p>Caya[®] is correctly placed when the cervix is completely covered by the diaphragm and placed between the retropubic arch and the niche on the pubic bone.</p>		<p>Important: The Caya[®] diaphragm should never remain in the vagina for more than 24 hours.</p>
	<p>The placement should be controlled with the finger after insertion. It is correct when through the membrane of the diaphragm the cervix can be felt (feels like the tip of a nose). Otherwise the diaphragm must be removed and inserted again.</p>	<p>14</p> <p>The Caya[®] diaphragm can be used for 2 years from the first application.</p>	