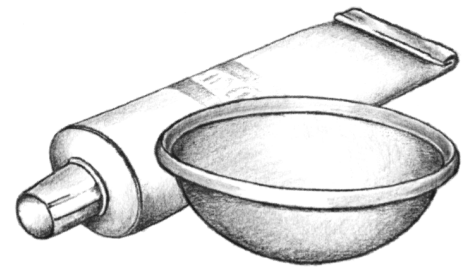

All About the Diaphragm

The Diaphragm works with birth control cream or jelly to keep you from getting pregnant.

The diaphragm is put in the woman's vagina before having sex. It helps keep the man's sperm from getting to the woman's egg. It is used with birth control cream or jelly. This kills sperm that may get past the diaphragm.



The woman uses the diaphragm with birth control cream or jelly.

How does the Diaphragm work?

A diaphragm is a round piece of soft, thin rubber with a firm, flexible ring. The woman puts it in her vagina. It covers the cervix (the opening to the woman's uterus). The diaphragm blocks the man's sperm. It holds in place the birth control cream or jelly that kills sperm.

How well does it work?

The diaphragm works well when it is used with birth control cream or jelly every time a woman has sex.

Only about 6 women out of 100 who use the diaphragm for a year may get pregnant, when they use it the right way every time they have sex.

If it is not used the right way every time, as many as 16 women out of 100 may get pregnant.

How do I get a Diaphragm?

You must go to a health care provider for a fitting. You can buy the birth control cream or jelly to use with it in a drugstore or supermarket.



You can put the diaphragm in up to 6 hours before having sex.

What women like:

- You can put it in up to 6 hours before you have sex.
- It does not cause health problems in most women.
- It does not change your body's hormones.

What some women don't like:

- At first, it may seem hard to use.
 - If you have sex more than once, you need to put more cream or jelly in your vagina.
 - Some women can get bladder infections if the diaphragm doesn't fit right.
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How do I use the Diaphragm?

A health care provider will help you learn how to use the diaphragm. You can put it in just before having sex, or up to 6 hours before. It starts to work when you put it in.

To put it in:

1. Wash your hands.
2. Wash the diaphragm and hold it to the light to check for holes or tears.
3. Put birth control cream or jelly inside the diaphragm. Use enough to cover the inside of the diaphragm with a thin layer. Put some around the rim.
4. Squeeze the ring until the sides come together.
5. Put the diaphragm into your vagina. Push it in and back as far as it will go.

To take it out:

1. Hook your finger over the rim of the diaphragm.
2. Gently pull the diaphragm out.
3. Wash it with plain soap and water. Rinse it well.

Things to remember:

- If the diaphragm feels uncomfortable right after you put it in, it probably isn't in right. Take it out and try putting it in again.
- Leave the diaphragm in for at least 6 hours after sex. This will give the cream or jelly time to kill all the sperm.
- **Don't take the diaphragm out** if you want to have sex again. Use an applicator to put more cream or jelly in your vagina, not inside the diaphragm.
- **Don't leave the diaphragm in more than 24 hours.**

The Diaphragm works best if you remember these things:

- **Use the diaphragm every time you have sex.** Be sure to use birth control cream or jelly with it.
- **Put it in before the penis is put in or near your vagina or anus.**
- **Don't use** hand cream, Vaseline, or medicines you put in your vagina (like Monistat) with it. These can cause tiny holes.
- **If you have a baby,** have a health care provider check to make sure your diaphragm still fits.

Are there problems with using the Diaphragm?

Some women who use the diaphragm may get bladder infections. If you think you have a bladder infection, talk to a health care provider. You may need a smaller diaphragm.

The Diaphragm may not protect you from HIV (the virus that causes AIDS) or other diseases you can get from having sex.

Use a new condom every time you have sex to help protect yourself from these diseases.