

Diaphragms

We are now unable to provide diaphragms in our sexual health clinics due to supply problems.

Women who would like to use a diaphragm for contraception will therefore need to purchase a **Caya®** diaphragm. This is a single sized, silicone diaphragm which can be purchased and fitted by women themselves, without the need to see a healthcare professional. It should fit 80% women. When purchased it comes with illustrated fitting instructions and a user DVD.

It should be used with a spermicidal gel or an acid buffering gel (**Caya gel®**). Women should also purchase one of these gels to use with their Caya® diaphragm.

Women wishing to use a diaphragm for contraception should be aware that approximately 13.7% of women will fall pregnant within the first year of using the Caya® diaphragm (even if they use it perfectly every time). Other methods of contraception such as implants, intrauterine devices, pills and injections are far more effective forms of contraception to prevent pregnancy.

Caya® will **not** prevent the spread of sexually transmitted infections.

Caya® is NOT recommended for women who are less than 6 weeks after the birth of their baby and should not be used if they have ever used a diaphragm in the past which was size 85mm or more, or if their diaphragm was 60mm or less.

If you purchase a Caya® but have concerns about using it, then one of our doctors would be happy to help you use it. However you must bring your Caya® diaphragm along to your appointment.