

DIAPHRAGMS

(Based on Managing Contraception Pocket Guide 2019-2020)

Effectiveness:

- 94% with perfect use; 88% with typical use

Action:

The diaphragm acts as a barrier to sperm and as a spermicide with the jelly placed on to the diaphragm. The diaphragm is a rubber dome-shaped device filled with spermicide and placed to cover the cervix.

Advantages/Benefits:

- May be placed several hours before sexual intercourse to permit spontaneity
- Can remain in place for multiple acts of intercourse up to 24 hours total from time of placement
- Controlled by the woman rather than by the man; immediately active after placement
- May reduce risk of cervical infections, including gonorrhea, chlamydia and PID, but not HIV
- May be used during breastfeeding; reusable
- No effects on getting pregnant when you stop using this method

Disadvantages/Risks:

- Requires placement prior to genital contact, which may reduce spontaneity of sex
- Some women do not like placing fingers or a foreign body into their vagina
- Requires a prior visit to a medical professional
- Lack of protection against HIV and some STDs. Must use condoms if at risk
- May develop odor if left in place too long or if not appropriately cleaned (if reusable)
- May increase risk for urinary tract infections
- May increase risk for toxic shock syndrome if methods left in too long or used during menses
- Severe obesity or arthritis may make insertion/removal difficult
- Higher failure rate than with hormonal contraception

Instructions:

- Fill inner surface of diaphragm 2/3 full with 2 teaspoons of spermicide prior to putting it in vagina
- May remain in place up to 24 hours, but do not insert more than 6 hours before sexual activity
- Check placement prior to each sexual act
- Leave in place at least 6 hours after last sexual act.
- Encourage use of a back –up method for the first few uses until confident with correct use
- Avoid using with petroleum based products (Vaseline)
- Clean with mild soap and water after each use, dry, store in container until next use
- Inspect regularly for stiffness, holes, cracks or other defects
- Have checked each year by healthcare provider and replace at least every two years
- Have diaphragm refitted by healthcare provider if you lose or gain weight
- May combine with male condoms to further reduce pregnancy risks and help prevent STDs