

## **Cervical Cap (With Spermicide)**

(Based on Managing Contraception Pocket Guide 2019-2020)

### Effectiveness:

1. Women who have given birth
  - 74% with perfect use
  - 68% with typical use
2. Women who have never given birth
  - 91% with perfect use
  - 84% with typical use

Action: The cervical cap, Femcap is a thimble-shaped latex rubber device with a small groove in the inner surface, which creates suction to keep the cap over the cervix. A small amount of spermicide is placed on the cap before it is placed on the cervix. Three sizes are available. Acts as both a barrier to block entry of sperm into the female's upper vagina and as a spermicide. Lea's Shield is one size fits all and requires a prescription for use.

### Advantages/Benefits:

- May be inserted up to 6 hours before sex
- May remain in place for up to 48 hours for multiple acts of intercourse
- Controlled by the woman rather than by the man
- Intercourse may be more pleasurable because fear of pregnancy is reduced
- Effective immediately after proper placement
- May reduce risk of cervical infections, including gonorrhea, chlamydia and PID
- May be used during lactation; immediate return to baseline fertility

### Disadvantages/Risks:

- Higher failure rates than with hormonal contraception
- Requires professional fitting and some formal training on insertion
- May not be placed correctly and may slip out during intercourse
- Requires placement prior to genital contact, may reduce spontaneity of sex
- No protection against HIV. Must use condoms if at risk
- Odor may develop if left in place too long or if not appropriately cleaned
- May lead to cervical irritation, causing vaginal spotting and/or cervical discomfort
- UTI's may increase
- May increase risk of toxic shock syndrome if method is left in too long or used during menses (period)
- Not a good option for women who do not want to place their fingers in the vagina
- Severe obesity or arthritis may make insertion/removal difficult

## **Cervical Cap (With Spermicide)**

(Continued)

### Instructions:

- Review this sheet carefully and report any questions or concerns to your health care provider
- After a professional fitting and clinical instructions, demonstrate to clinician self ability to place and remove.  
Can be placed any time before sex
- Use a back-up method at least until confident about placement
- Coat the inside of bowl and the rim with spermicide. Place a small amount of spermicide along the outer part of the cap.
- In the squatting, leg-up or reclining position, press the rims on each side of the bowl together and hold with the dome of the bowl pointing downward
- Insert long/thick side first as far into the vagina as possible. Push the device over your cervix so that it covers the cervix completely. Then press upward to create suction between the cap and your cervix. You might feel air venting out as the suction is created between the cap and the cervix.
- Leave in place for at least 6-8 hours after the last act of intercourse, up to 48 hours total.
- To remove, use fingers to grasp loop, twist or push on cap to break the suction (hearing a “pop”), and remove device from vagina
- After removal, wash with soap and water, rinse, dry and store in a cool, dry location