

Diaphragm & Contraceptive Jelly Information

How does it work?

The diaphragm is a latex cup with a flexible rim. The cup is filled with contraceptive jelly containing a spermicide such as nonoxonyl 9. The diaphragm is inserted into the vagina and covers the cervix. It mainly works by preventing the sperm from reaching the cervix.

How well does it work?

The diaphragm is most effective in women who use it correctly every time they have sex, and have sex fewer than four times a week. The diaphragm is least effective in women who do not use it correctly, or do not use it every time they have sex, are under 30 years of age, or have sex four or more times a week.

Benefits:

It provides some protection against sexually transmitted diseases.

There is no medicine to take everyday.

You have a decreased risk of cervical cancer.

It protects against pelvic inflammatory disease (PID)

Is it safe?

The diaphragm with contraceptive jelly is safe for most women. It can be used while breastfeeding. You can not use the diaphragm if you are allergic to spermicide, rubber, latex, or polyurethane. You should not use the diaphragm if you have a history of toxic shock syndrome, or have repeated urinary tract infections even after having the diaphragm re-fitted.

Risks and Side effects.

Some cases of toxic shock syndrome have been reported.

There is a possible increased chance of urinary tract infection

You may have a rare allergic reaction to contraceptive jelly

You may have a rare allergic reaction to latex

You may have local skin irritation caused by sensitivity to ingredients in contraceptive jelly or

latex in the diaphragm

**** If any of the above occur notify your health care provider**

Return to the clinic:

Within three months of fitting to have the clinician check the size and position of

the diaphragm. Put the diaphragm in before coming to the clinic. In one year, make an appointment for your annual check-up and bring your diaphragm so the clinician can check it again.

Call the clinic if:

you lose or gain ten pounds

the diaphragm causes pain or discomfort

you become pregnant

you have any kind of female pelvic surgery

you think the diaphragm does not fit anymore

Care of the diaphragm:

After using the diaphragm, wash it with soap and water. Rinse and dry it with a towel. Store it in its container.

DO NOT USE VASELINE OR LOTION ON THE DIAPHRAGM OR FOR A LUBRICANT DURING SEX.

Occasionally, toxic shock syndrome has been reported in diaphragm users. While this is very rare you should not leave your diaphragm in place for more than 24 hours. While you are using the diaphragm watch for early signs of toxic shock syndrome and contact the clinic or doctor at once if you have a danger sign

DANGER SIGNS OF TOXIC SHOCK SYNDROME

Fever (temperature of 101 or more)

Diarrhea

Vomiting

Muscle aches

Rash (like a sunburn)