

### What is a Caya® diaphragm?

Caya® is a standard (single) sized contraceptive barrier device (diaphragm) made out of silicone. It is placed in the vagina to cover the cervix during intercourse. It is used in conjunction with a lactic-acid buffer gel (Caya® gel).

### How does the Caya® diaphragm work?

The Caya® diaphragm is an oval contoured shaped device that acts as a mechanical barrier covering the cervix to prevent sperm from reaching the cervix and entering the uterus. The rim of the Caya® diaphragm sits against the walls of the vagina held in position by the pelvic muscles and pubic bone.

After intercourse the diaphragm must be left in place for a further six hours, during this time any sperm in the vagina will die due to the acidic environment in the vagina. The Caya® gel assists with the vaginal environment.

Extra Caya gel should be applied into the vagina using the applicator for repeated episodes of intercourse, and when the diaphragm remains in place over 2 hours.

The Caya® diaphragm **must not** be left in the vagina for longer than 24 hours.

### How effective is the Caya® diaphragm?

Data from clinical trials suggests the effectiveness of the Caya® diaphragm and Caya® gel together is between 82% - 86%. This means that 14-18 women out of every 100 who use a diaphragm in a year may become pregnant.

True recommends an assessment by a health professional to make sure that the device is suitable for individual use and fits correctly.

### Which groups of women is the Caya® diaphragm NOT suitable for?

- In situations where a highly effective method is desired and where unintended pregnancy would be unacceptable or not recommended
- If there is a past history of toxic shock syndrome
- Not recommended for previous diaphragm users who required a size 85mm or larger or 60mm or smaller
- If within the first 6 weeks of the postpartum period
- Where there may be vaginal or uterine conditions such as prolapse or poor vaginal tone
- Those who are unable to insert or remove the device adequately
- Women that have had previous vaginal surgery may not be suitable for a diaphragm.

### Advantages as a contraceptive method

- The Caya® diaphragm is a non-hormonal method that provide an alternative option to those who find a hormonal method unacceptable
- It is designed to fit most women
- Can be used as needed
- Has minimal side-effects and is immediately reversible
- Can be inserted prior to intercourse and does not need to interrupt sexual spontaneity
- It can be purchased without needing to visit a health professional or clinic but should be fitted properly for effective use.
- It is suitable for use when women and partners are allergic or sensitive to latex

### Disadvantages as a contraceptive method

- It requires consistent and careful use with each episode of intercourse to be effective
- Higher failure rate for preventing pregnancy when compared to other methods
- **Does not protect against sexually transmitted infections, however it can be used with condoms**
- Self-insertion may be unacceptable to a user
- Up front cost for diaphragm and ongoing costs for purchase of the gel

# Barrier Device

## Caya® Diaphragm

### How to use the Caya® diaphragm

Please refer to the quick start guide at the end of this information for safe and easy use.

### Recommended care of your Caya® diaphragm

- The diaphragm is reusable.
- After use the diaphragm should be washed clean, rinsed and dried thoroughly. Once dried it should be stored in its supplied case.
- The Caya® diaphragm should be checked regularly for any signs of deterioration or damage.
- Do not use other products with the Caya® diaphragm other than those recommended.
- If cared for correctly the Caya® diaphragm should last for up to two years. Replacement of the device is recommended after this time.

### What if the Caya® diaphragm is dislodged or breaks during sex?

Consider using emergency contraception. It is recommended that you seek advice from your health care provider in these circumstances. This is best done as close as possible to the time of unprotected intercourse.

### Where can I get a Caya® Diaphragm?

Caya® diaphragms can be purchased from all True Clinics in Queensland. It is also available at Family Planning Clinics throughout Australia, along with some selected pharmacies. Caya® diaphragms can also be purchased online.

### For more information

- Caya® Website <http://www.caya.eu/en/>
- Faculty of Reproductive & Sexual Healthcare <http://www.fsrh.org>
- Contact a True clinic by visiting the website [www.true.org.au](http://www.true.org.au)



#### Disclaimer

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Caya® Diaphragm Quick Start Guide ([Click here for website](#))



### Quick Start Guide for safe and easy use

<b>1</b>		<p>Before insertion, <b>Caya®</b> is folded on the marked grip nubs. Into the corresponding membrane dent, about 4 ml (about one teaspoon) of contraceptive gel (<b>Caya®</b> Gel) are poured.</p>	<b>8</b>		<p>In case of repeated sexual intercourse, the diaphragm remains in the vagina. To ensure continued safety, before the second coitus additionally gel must be introduced into the vagina using the gel applicator.</p>
<b>2</b>		<p>Small amounts of the gel are spread on the rim. Spreading the gel on the edge facilitates insertion into the vagina.</p>	<b>9</b>		<p>Only at least <b>6 hours</b> after the last ejaculation the diaphragm may be removed from the vagina. (Otherwise motile sperm might ascend into the then unprotected cervical canal.)</p>
<b>3</b>		<p>The <b>Caya®</b> diaphragm and contraceptive gel can be applied up to <b>2 hours</b> before coitus.</p>	<b>10</b>		<p>Then the <b>Caya®</b> is pulled out of the vagina using the recessed grip.</p>
<b>4</b>		<p>The diaphragm is held in one hand. During insertion, the arrow on it points towards the body.</p>	<b>11</b>		<p>After removal from the vagina, the <b>Caya®</b> diaphragm is rinsed with water and soap and dried in the open case.</p>
<b>5</b>		<p><b>Caya®</b> is pushed past the vaginal portion of the cervix into the posterior fornix. The recessed grip fills the retropubic space completely.</p>	<b>12</b>		<p>For protection against external influences, the <b>Caya®</b> should always be stored in the supplied case.</p>
<b>6</b>		<p><b>Caya®</b> is correctly placed when the cervix is completely covered by the diaphragm and placed between the retropubic arch and the niche on the pubic bone.</p>	<b>13</b>		<p>Important: The <b>Caya®</b> diaphragm should never remain in the vagina for more than <b>24 hours</b>.</p>
<b>7</b>		<p>The placement should be controlled with the finger after insertion. It is correct when through the membrane of the diaphragm the cervix can be felt (feels like the tip of a nose). Otherwise the diaphragm must be removed and inserted again.</p>	<b>14</b>		
<p>The <b>Caya®</b> diaphragm can be used for 2 years from the first application.</p>					