

Adolescent-Young Adult Medicine

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THE DIAPHRAGM

Date fitted: _____ Size: _____

- The diaphragm should be inserted into the vagina as close as possible to the time of intercourse, and NOT MORE THAN 30 MINUTES BEFORE.
- Before inserting the diaphragm, apply approximately a teaspoon of spermicidal jelly or cream into the concave surface of the diaphragm, as well as a small amount around the rim.
- After inserting the diaphragm, check its position carefully. The upper rim should fit firmly behind the pubic bone, and the lower rim should be under the cervix. If you cannot reach the lower rim, be certain that you feel the tip of the cervix BEHIND the soft rubber of the diaphragm.
- Do not remove the diaphragm until AT LEAST 6 hours after the last time you had intercourse. It takes this long for the sperm in the vagina to die.
- If you have intercourse more than one time within 6 hours, and while the diaphragm should still be in place, then insert additional spermicidal jelly or cream on top of the diaphragm. An applicator for this purpose is included with a starter kit of spermicide. REMEMBER TO NOT REMOVE THE DIAPHRAGM UNTIL AT LEAST 6 HOURS AFTER THE LAST INTERCOURSE.
- If you plan to have intercourse again AFTER 6 hours, and the diaphragm is still in place, you may remove it, wash it with soap and water, dry it gently with a towel, and then re-insert it as described above. It must then be left in place an additional 6 hours.
- If after at least 6 hours you do not plan to have intercourse again, then remove the diaphragm, wash and dry it, and put it back into its case.
- Be very careful not to puncture the diaphragm with a sharp object, including fingernails.
- The diaphragm size should be checked and a new one purchased approximately once a year.

PLEASE REFER TO THE BOOKLET WHICH COMES WITH YOUR DIAPHRAGM FOR ADDITIONAL INSTRUCTIONS. ***THE DIAPHRAGM DOES NOT PROTECT AGAINST THE SPREAD OF SEXUALLY TRANSMITTED INFECTIONS, AND SHOULD BE USED WITH A CONDOM FOR THIS PURPOSE.***