



# Caya<sup>®</sup> *contoured diaphragm*

## Consulting Guide – Caya<sup>®</sup> diaphragm

For the user, contraception using a diaphragm means confrontation with her body and her sexuality. The patient should be prepared to touch and explore herself in the genital area alone.

### 1. Which patients is the Caya<sup>®</sup> diaphragm suitable for?

**The Caya<sup>®</sup> diaphragm is a contraceptive for all women seeking natural and safe contraception.**

**It is particularly suitable:**

- If non-hormonal contraceptive is medically required (e.g., increased risk of thrombosis, cardiovascular disease, hypertension, congenital severe lipid metabolic disorders, acute pancreatitis, impaired glucose tolerance) or desired
- During lactation
- In case of latex allergy
- In combination with natural methods of contraception
- When self-determined contraception is sought
- If between pregnancies
- In combination with other methods of contraception (e.g., condoms)
- In case of infrequent intercourse

## 2. If required, contraindications can be excluded by a gynecological examination. Proceed as follows:

1. Palpate the inside of the symphysis and the cervix of the patient. They should not show any anatomic changes such as descensus uteri or absence of a retropubic space (see box "Contraindications").
2. Insert the patient's **Caya<sup>®</sup>** diaphragm. It should completely cover the cervix and be "anchored" between the posterior fornix and the niche on the pubic bone. Let the patient feel the correct seating with her finger.
3. The **Caya<sup>®</sup>** diaphragm must not exert pressure or be perceived as an unpleasant foreign object.
4. Vaginal self-examination is recommended. It helps the user to get acquainted with the anatomical structures in her vagina (cervix, retropubic niche). The user should first learn to feel her cervix and symphysis with one or two fingers (index and middle finger). This is necessary to control the proper intravaginal seating of the **Caya<sup>®</sup>** diaphragm after insertion.

The need for size determination as in the classic diaphragm is obviated. The **Caya<sup>®</sup>** diaphragm is available in one size and fits most women (corresponding to traditional diaphragm sizes of 65, 70, 75 or 80 mm).

### CONTRAINDICATIONS

#### Absolute contraindications

- Application in the first 6 weeks after childbirth
- If previously diaphragms of size 60 mm or 85 mm and larger have been used
- Acute or chronic-recurrent urinary tract infections
- Infections of the genital organs and the true pelvis
- Pronounced descensus uteri and vaginae
- Cystocele with obliteration of the retropubic niche in the vagina
- Weakly formed or absent retropubic niche

#### Relative contraindications

- Marked and/or fixed retroversion/retroflexion
- Psychological or somatic difficulties with the application

### In which sizes is the Caya<sup>®</sup> diaphragm available?

The **Caya<sup>®</sup>** diaphragm is available in **one size** that fits most women. Thanks to its special anatomical and ergonomic shape this size fits women who had sizes from 65 to 80 mm (inclusive) of conventional diaphragms.

### Must a contraceptive gel be used?

It is recommended that you always use the **Caya<sup>®</sup>** diaphragm together with a contraceptive gel. Use of a contraceptive gel demonstrably increases the reliability of the diaphragm method.

### What to do in case of repeated sexual intercourse?

In case of repeated intercourse or when the **Caya<sup>®</sup>** diaphragm was inserted more than 2 hours before coitus, additional gel must be introduced deeply into the vagina with an applicator, in front of the diaphragm, without removing the **Caya<sup>®</sup>** diaphragm.

### How is the diaphragm cleaned and stored?

After removal from the vagina, the **Caya<sup>®</sup>** diaphragm is rinsed with water and soap and dried in the open case. The **Caya<sup>®</sup>** diaphragm should be stored in the provided case to protect it against external influences.

### How long can the Caya<sup>®</sup> be used?

The **Caya<sup>®</sup>** diaphragm is reusable. It can be used for **2 years** from the first application.



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