

# Caya® Fits To Me...

Caya is a one-size-fits-most contoured diaphragm that is designed to fit the female anatomy.

## Benefits of the Caya Diaphragm:

- Safe and Hormone-Free
- Easy to Use and Remove
- No Side Effects
- Comfortable, One Size Fits Most
- Reusable for up to Two Years
- Latex-free Contraceptive Barrier Method



For more information  
[www.caya.us.com](http://www.caya.us.com)

<https://www.facebook.com/CayaUSA/>

### How effective is the Caya® diaphragm?

No contraceptive method can guarantee 100% safety from unwanted pregnancy. The Caya® diaphragm is just as safe as the classic diaphragm. The more often the Caya® diaphragm is used, the more confident you will become in using this contraceptive method and the more safety this method will offer you.

### How will I know that Caya® is inserted correctly and fits?

You should use your longest finger (usually the middle finger) to verify the correct position of the diaphragm, check whether or not the cup covers the cervix and the removal dome is located securely behind the pubic bone. If this is the case, you are well protected.

### How can I positively influence safety when using the Caya® diaphragm?

Regular use of the Caya® diaphragm and the use of a water-based contraceptive gel are important measures for ensuring safety. In addition, the diaphragm should always be inserted before and not during intercourse.

### For how long can I use the Caya® diaphragm before replacing?

The Caya® diaphragm can be used up to 2 years after the first use before replacement unless Caya becomes damaged or in cases of vaginal infection.

### Why does the Caya® diaphragm have to remain in the vagina for 6 hours after intercourse?

Leaving Caya in place for 6 hours will help ensure that sperm are inactivated by the contraceptive gel that you used with the Caya diaphragm. This will help prevent unwanted pregnancy.

### The Caya® is a "one size fits most" diaphragm; what size range does the Caya® fit?

The Caya® diaphragm fits most women who fall into the 65-80mm size range. The Caya® does not require to be fitted like the traditional diaphragm. If you would like to be fitted, HPSRX Enterprises will send a free test fit unit for your provider.

### Can I have repeated intercourse with the Caya® diaphragm?

Yes, your Caya® will remain in position; but you will need to apply additional contraceptive gel with the aid of an applicator. Applicators for contraceptive gel can be purchased in the pharmacy.

### Can the Caya® break or tear?

This is very rare. However, if you notice that the Caya® is damaged in some way after intercourse, we suggest seeing your provider immediately (within 72 hours) to discuss the possibility of emergency contraception ("morning-after pill").

### In case of a vaginal infection, what should I do?

Please visit your healthcare provider for treatment in case of a vaginal infection (e.g., fungus). Please use condoms during treatment and NOT a diaphragm. Upon completion of the treatment you should purchase and use a new Caya diaphragm for your own safety.

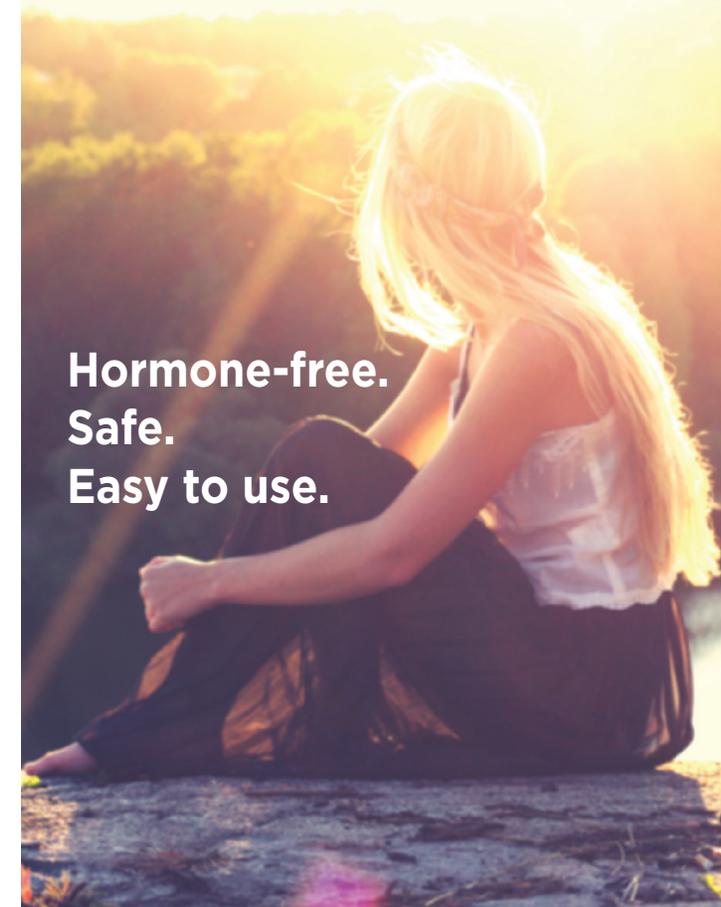
### How is the Caya® diaphragm cleaned and stored?

After removing the diaphragm, clean it with water and soap and allow it to air-dry naturally. Store the Caya diaphragm in the original case. This protects the diaphragm from external damage.



# Caya®

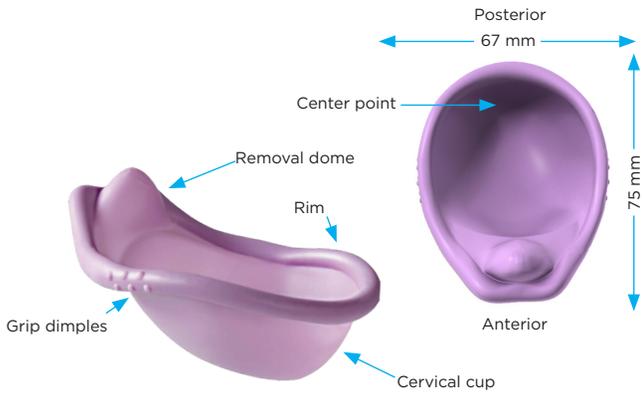
## The Next-Generation Contraceptive Diaphragm



**Hormone-free.  
Safe.  
Easy to use.**



(P) 1-800-850-1657  
(F) 1-800-361-6984



**Cervical cup:** Made of a thin silicone material that covers the cervix and accommodates a range of cervical sizes.

**Rim:** Flexible, provides stability and helps guide Caya® deep into the vagina as you push on the anterior edge. The rim holds the diaphragm in place and ensures that it is positioned correctly.

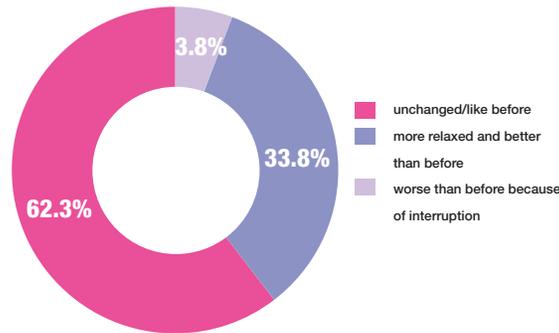
**Grip dimples:** Orient your finger and it provides a tactile cue for where to hold and squeeze the rim.

**Removal dome:** Allows for easy removal; your finger can fit under or over the dome to remove the device.

**Center point:** Palpable center point for a better positioning of the diaphragm.

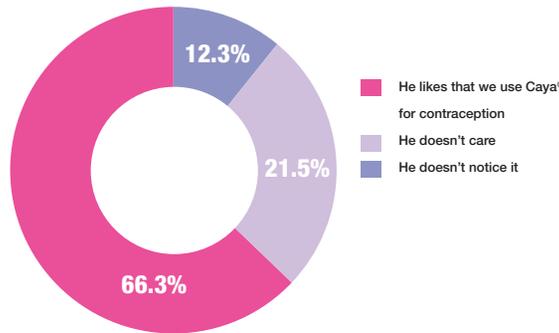
## And the survey says...

### Caya has a positive influence on sex and libido!



Similar to results from the surveys in 2015 and 2016, the answers about the impact of the Caya® diaphragm on sexual activity indicate that Caya® does not interfere with sex for the females. About 34% of women confirmed that having sex with the Caya® diaphragm is even better than before and more relaxed.

### What does the partner think about Caya®?



The majority (66.3%) of the participants indicated that their partner also liked Caya® as the chosen method of contraception. This indicates that contraception by all means is a matter of partnership and that both partners should agree with the method of contraception. Nevertheless, 21.5% said that their partner doesn't care.

Many women seek a natural and safe contraception method—without hormones!

The Next-Generation Caya Diaphragm offers you reliable and safe contraception when you need it. Caya is inserted into the vagina before sex. It covers the cervix completely and is located between the posterior fornix and the niche on the pubic bone. During and after sex, Caya prevents the penetration of sperm into the uterus. After intercourse, the Caya diaphragm must remain in the vagina for at least 6 hours.



## Available by prescription only

Mail Order Pharmacies:

American Mail Order Pharmacy  
 Phone: 888-772-3811  
 Fax: 586-772-6873  
 23290 Schoenherr Road  
 Warren, Michigan 48089  
 E-Script: American Mail Order Pharmacy

Health Warehouse  
 Phone: 800-748-7001  
 Fax: 888-870-2808

Available at most retail pharmacies, including but not limited to:

- |             |            |
|-------------|------------|
| Target      | Walmart    |
| CVS         | Rite-Aid   |
| Food City   | Costco     |
| Giant Eagle | Wegman's   |
| Meijer      | Winn-Dixie |

McKesson Order Number 3486917  
 Cardinal Order Number 5290770  
 NDC Number 63704-0020-01

**Be sure to check with your local independent pharmacies to see if they can order Caya!**