

SANILAC COUNTY HEALTH DEPARTMENT – FAMILY PLANNING
DIAPHRAGM FACT SHEET

A diaphragm is a dome shaped cup made of soft rubber. It has a flexible rim. When properly sized and inserted, it fits snugly over the cervix in order to prevent sperm from entering the cervix. A spermicidal cream or jelly is placed inside the dome and around the rim which adds to blocking the sperm from entering the cervix (womb). The sperm that is not blocked by the diaphragm is killed by the spermicide.

The Sanilac County Health Department does not have diaphragms in stock. One would need to be ordered and can be received within two (2) weeks of the order.

Effectiveness:

- 94% effective when used with spermicide as directed.

Use:

- Wash your hands carefully before inserting the diaphragm.
- Apply spermicidal cream or jelly around the rim and inside the dome of the diaphragm facing or in contact with the cervix.
- Squeeze the rim of the diaphragm between your fingers and insert it into your vagina.
- When the diaphragm is pushed up as far as it will go, the front part should be up behind the bone in front of your pelvis.
- Tuck the front of the diaphragm as far as it will comfortably go.
- Check to see if the cervix is covered. The cervix feels something like the tip of your nose.
- The diaphragm may be inserted up to six hours before you have sex.
- If you have put the diaphragm in more than two (2) hours before, be sure to insert a fresh supply of spermicide with an applicator.
- You must also check the position of the diaphragm and add more spermicide before each act of intercourse.
- **DO NOT** use oil base lubricants like petroleum jelly, they can damage the diaphragm and decrease its effectiveness. Water based lubricants like K-Y jelly may be used and will not damage the condition of the diaphragm.
- The diaphragm must be left in place for six (6) hours after you have sex.
- The diaphragm should not be worn for more than 24 hours.
- Wash the diaphragm with mild soap and water, rinse thoroughly (soap can harm the rubber), dry it, and put it back in its case.
- The diaphragm must be fitted by a clinician, and refitted after birth, miscarriage, or weight gain of 15 lbs. or more.

Benefits:

- Has almost no side effects.
- Does not affect your hormonal pattern.
- Lowers the risk of cervical cancer and precancerous conditions of the cervix.

Discontinuation:

- If you forget to use the diaphragm or it is placed incorrectly, emergency contraception is available at the Family Planning Clinic and should be taken within 120 hours (5 days) in order to prevent pregnancy.
- Fertility returns immediately when you don't use the diaphragm.

Side Effects:

- Increased risk of urinary tract infection.
- Yeast infections and bacterial vaginosis.
- Sensitivity due to latex.

Warning Signs:

- Sudden high fever
- Vomiting
- Dizziness, faintness, weakness
- Sore throat, aching muscles and joints
- Rash

*** IF YOU EXPERIENCE ANY OF THESE SIGNS, GO TO YOUR NEAREST EMERGENCY ROOM**

Nonoxynol-9

Until recently, it was hoped that the spermicide Nonoxynol-9 (N-9) would reduce the risk of STIs (sexually transmitted infections), including HIV. Recent studies have shown that N-9 offers no protection against STIs. In fact, using N-9 many times in a day may even increase the risk of infection.

Products containing N-9 should NOT be used:

- For anal intercourse
- By women at risk for HIV
- Many times a day
- To prevent STIs
- By women and men who have allergies to spermicide

Otherwise, products containing N-9 may increase a condom's contraceptive effectiveness.

REMEMBER, DIAPHRAGMS DO NOT PROTECT AGAINST ANY SEXUALLY TRANSMITTED DISEASES, SO IT IS IMPORTANT TO USE CONDOMS EACH TIME YOU HAVE SEX.

Visit our website: www.sanilachealth.com



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