

How safe is it?

Used carefully with spermicide every time you have sexual intercourse, 4 out of 100 women will get pregnant each year. With less careful use this could be as high as 20 out of 100 women.

What are the advantages?

- used only when you have sexual intercourse
- no hormones
- few side effects
- protects your cervix – so can help prevent cancer of the cervix and some sexually transmissible infections
- does not affect your menstrual cycle
- makes sex less messy during periods.

What are the disadvantages?

- must be used every time you have sexual intercourse
- some women find the presence of the diaphragm in the vagina can irritate the bladder, causing an infection
- some women are allergic to rubber or spermicide.

Where can I get a diaphragm?

You can get it from a Family Planning Clinic or a doctor.

Check that the health professional is trained and experienced in fitting diaphragms.

What else do I need to know?

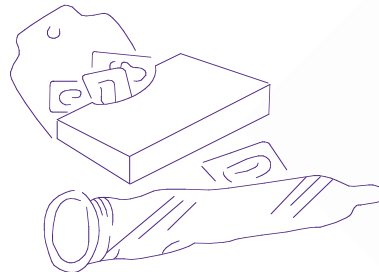
Diaphragms come in different sizes. The health professional will fit one which suits your body. When you go for your first fitting you will learn how to put it in and take it out. You will be asked to practise for a week.

At your second visit your health professional will check that your diaphragm fits well and that you are using it correctly.

When your diaphragm fits well, neither you nor your partner should be able to feel it during sexual intercourse.

You should have your diaphragm checked

- every year
- after any pregnancy or vaginal surgery
- if you gain or lose more than 3 kilograms (1/2 a stone or 7 pounds)
- if you have any problems with it.



Condoms help protect against sexually transmitted infections.

For more information about Family Planning resources, clinics and health promotion services go to our website, familyplanning.org.nz

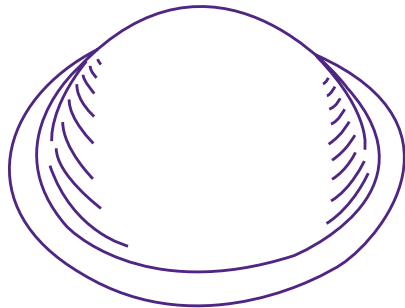
Diaphragms

Diaphragms

A diaphragm fits inside a woman's vagina. It is used each time she has sexual intercourse to cover her cervix (entrance to the uterus) and stop a man's sperm from getting through to join an egg.

Diaphragms are circular domes made of soft rubber. They are kept in shape by a pliable metal rim covered in rubber. Pelvic muscles hold the diaphragm in place.

DIAPHRAGM

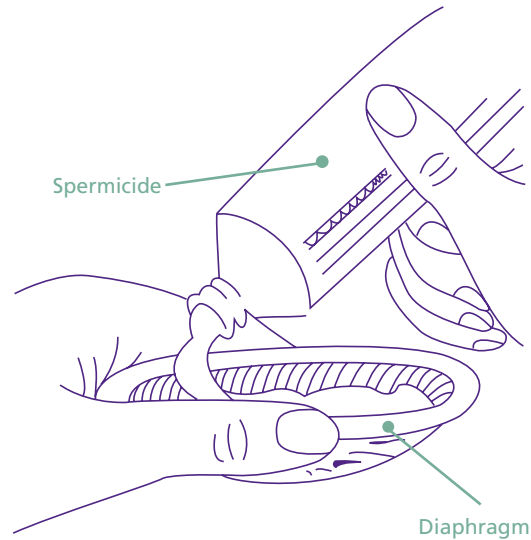


How do use this method?

Diaphragms should always be used with spermicide. This is jelly that kills sperm.

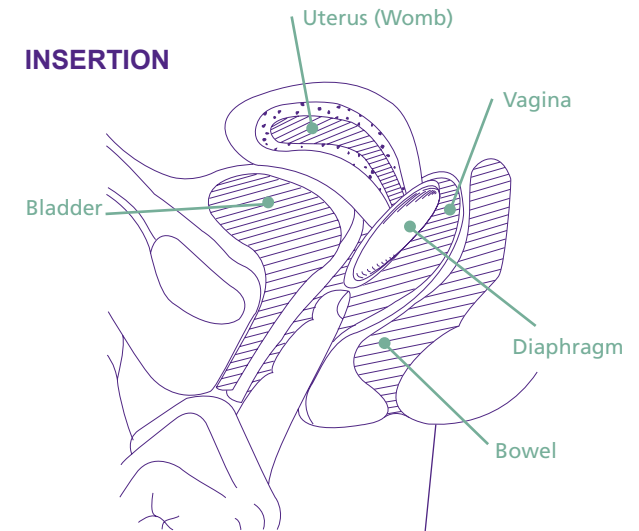
Before you have sexual intercourse put spermicide onto the diaphragm. Then put it into your vagina so that it covers your cervix.

SPERMICIDE



It stays in place while you have sexual intercourse and for at least 6 hours afterwards.

INSERTION



Then remove it, wash and dry it and put it away until next time you want to use it.

REMOVAL

