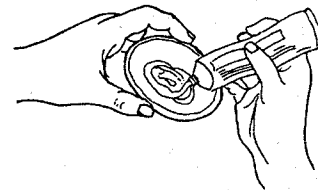


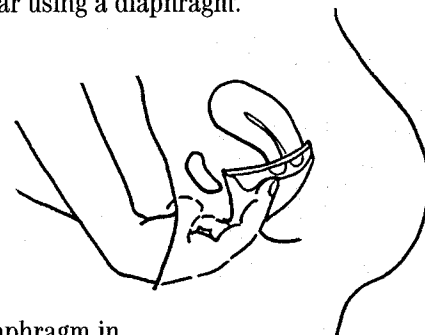
THE DIAPHRAGM: Under your control but sometimes... ...it is such a long distance from the bedroom to the bathroom!!



WHAT is a diaphragm? A rubber disc which the woman places into her vagina. The diaphragm blocks the man's semen from entering the cervix (the opening to the womb). A spermicide placed onto the diaphragm kills sperm. Diaphragm and the spermicide keep sperm from getting to the egg. Among typical couples who initiate use of the diaphragm, about 20% will experience an accidental pregnancy in the first year. If the diaphragm is used consistently and correctly, about 6% will become pregnant. *Complete information about this contraceptive is available through your clinician or through the package insert accompanying your diaphragm.*

ADVANTAGES

- Gives a woman fairly good control over contraception.
- When used perfectly, only 6 couples in 100 become pregnant the first year using a diaphragm.
- Can be put in several hours in advance of sexual intimacy.
- Safe, no hormones and no side effects from hormones.
- The penis can remain inside the vagina after ejaculation.
- Intercourse during a woman's period is less messy. It holds back menstrual blood.



DISADVANTAGES

- Must be fitted by a clinician.
- You should wash your hands with soap and water before putting your diaphragm in.
- May interrupt sex.
- Have to take it with you on vacations or trips.
- Increases your risk for urinary tract infections.
- Some women find the diaphragm unattractive.
- It is difficult for some women to insert a diaphragm properly even after being taught.
- If left in too long, increases slightly your risk for a very serious infection called toxic shock syndrome. Don't leave your diaphragm in for more than 48 hours.
- May slip out of place during sex. If you change who is on top, you may want to check to see that the diaphragm is still covering the cervix (opening to the womb).
- After putting it in you have to check to be sure it is covering the opening of the uterus which is called your cervix.
- New fitting may be necessary after a baby, abortion, miscarriage, or gaining 15 pounds.
- Must be left in place 6 hours after intercourse.

WHERE do I go to get a diaphragm? You need to be fitted in a clinician's office for a diaphragm. Be sure you are shown how to insert and remove a diaphragm. Then you are given a prescription for the specific type of diaphragm you will use. You will go to a drugstore to get the actual diaphragm and the spermicide you will use with the diaphragm.

WHAT IF I HAVE SEX AND DON'T USE BIRTH CONTROL?

Did you know that.... for 72 hours.... *after* sex, you can take emergency pills to avoid becoming pregnant? AND for 5 days.... *after* sex, you can have an IUD put in, so you won't become pregnant. Not all clinicians know about this. If you need to know more or would like the phone numbers of clinicians near you that provide emergency birth control, **Call: (800) 584-9911....** Some of these are free.

Choices: **THE DIAPHRAGM:** Preparation of this material was not supported by funds from a pharmaceutical company, is *not* copyrighted, and may be copied or adapted without asking permission. rah, jj: 12/3/96; 404-616-3709 or 706-782-6038.

Hysterectomy • Masturbation • Menstrual Cycle • Contraceptive Implants • Progestin-Only Pills • Tubal Sterilization • Vasectomy • Withdrawal • Abortion • Abstinence • Breastfeeding • Cervical Cap • Condoms • Abortion • Depo-Provera

CHOICES

Abstinence • Breastfeeding • Cervical Cap • Condoms • Abortion • Depo-Provera Injections • The Diaphragm • Emergency Contraceptive Pills • The Intrauterine Device (IUD) • Fertility Awareness Method (FAM) • Film • Foam