



REQUEST FOR A DIAPHRAGM

What is a diaphragm?

A diaphragm is a soft rubber cup that a woman places into her vagina so that it covers her cervix, the opening to the uterus. It is used to prevent pregnancy.

How does a diaphragm work?

The woman puts a spermicide jelly or cream in the diaphragm, which blocks the man's semen from entering the cervix and also kills the sperm.

For every 100 women using a diaphragm, about 20 per year will get pregnant.

How do I use the diaphragm?

A healthcare provider must fit you for the correct size diaphragm. A new fitting may be necessary after you have a baby, an abortion, miscarriage, or if you have gained more than 15 pounds. The diaphragm should be used with spermicidal jelly or cream. The woman inserts the diaphragm into her vagina fitting it over the cervix before sex and leaves it in place for at least 6 hours after having sex.

Who can use a diaphragm?

Women of any reproductive age can use the diaphragm except women who:

- - have just had a baby (within the last six weeks);
- - have a history of toxic shock syndrome;
- - have an abnormal cervix or vagina;
- - have cancer of the cervix or uterus;
- - have had an abnormal Pap smear;
- - have a vaginal or cervical infection.

If you are a teen and you decide to use a diaphragm, we suggest that you talk to your family about it.

Is a diaphragm safe?

A diaphragm is safe. The diaphragm does not contain hormones (as do some other types of birth control, like the pill). Therefore, there are no side effects from hormones.

What are the side effects of the diaphragm?

The diaphragm can cause itching, irritation, or sores in the vagina. If it doesn't fit you right, it can also cause irritation of the bladder or cervix. If left in for more than 48 hours, the diaphragm increases slightly your risk for a serious infection called toxic shock syndrome. Don't leave your diaphragm in for more than 48 hours.

Does the diaphragm protect against STDs and AIDS?

The spermicidal cream or jelly used with a diaphragm may give some protection against HIV (the virus that causes AIDS) or against sexually transmitted diseases (STDs). However, women should use condoms in addition to the diaphragm to help protect against STDs and AIDS.

If you have any questions about the diaphragm, ask your healthcare provider. You should call the clinic for follow-up if you have any signs of toxic shock syndrome such as high fever, vomiting, diarrhea, dizziness, sore throat, or rash.

I have read and understand the information above.

Patient Signature: _____ Date: _____

The client has been counseled, provided with the appropriate informational material, and understands the content of both.

Counselor/Provider signature: _____ Date: _____

Print counselor/provider name: _____

Name of patient: _____ Date of Birth: _____ Chart #: _____

Interpreter: _____