



REQUEST FOR A CERVICAL CAP

What is a cervical cap?

A cervical cap is a piece of soft latex, shaped like a small cup that is used by a woman to prevent pregnancy.

How does the cervical cap work?

The woman puts a spermicide (which kills sperm) in the cap and then places it up into her vagina and onto her cervix (the opening of the uterus). The cervical cap blocks sperm from entering the uterus.

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

How do I use a cervical cap?

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

Who can use the cervical cap?

Women of any reproductive age except women who:

- have just had a baby (within the last six weeks)
- have an allergy to latex
- 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 cervical cap, we suggest that you talk to your family about it.

What are the side effects of the cervical cap?

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

Does the cervical cap protect against STDs and AIDS?

The spermicidal cream or jelly used with a cervical cap 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 cervical cap to help protect against STDs and AIDS.

If you have any questions about the cervical cap, ask your health care 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: _____