



Caya Diaphragm is a newly developed non-hormonal barrier contraceptive device used **ONLY** when needed. It is uniquely designed to fit most women.

How it works

Caya Diaphragm acts as a mechanical barrier that completely covers the cervix thereby preventing sperm from entering the uterus. It works even better when used with the **Caya Gel**.

Who can use

Caya Diaphragm is designed to fit a broad range of women. These include single or married women who:

- Want a safe and effective non-hormonal form of contraception
- Cannot use hormonal methods of contraception for medical reasons
- Are breastfeeding
- Have sexual intercourse only occasionally
- Are allergic or sensitive to latex
- Can not or do not want to use IUDs

Who cannot use

Caya Diaphragm should not be used in the following situations:

- In severe uterine prolapse (when the uterus descends toward or into the vagina)
- Recurrent urinary tract infection

How to use

1

- Wash hands with soap and water
- Apply about 4 ml (one teaspoon) of Caya Gel into the inner part of Caya Diaphragm
- Fold the diaphragm and get into a comfortable position



3

- In case of repeated sexual intercourse, leave the diaphragm in place and insert more Caya Gel with the applicator (the diaphragm should be in place for at least 6 hours after having sex but no longer than 24 hours)



2

- Separate the outer lips of the vagina with one hand
- With the other hand, push the diaphragm as far up and back into the vagina as it can go and make sure the cervix is covered



4

- To remove, wash hands with soap and water, insert the index finger into the vagina and hook it over the top of the rim and gently pull the diaphragm down and out



Benefits

- **Caya Diaphragm** does not have hormones, so no side effects. It's a good option for women who prefer a non-hormonal contraceptive method
- Used **ONLY** when needed and gives the woman absolute control
- With **Caya Diaphragm**, partners can enjoy the natural feel of sexual intercourse
- One size fits most women
- Portable and convenient - it comes with specially designed case that is discreet and fits in a bag (wherever you go, Caya can go with you)
- Easy to use - insertion and removal gets better with practice
- Can be used to increase the effectiveness of traditional methods of contraception e.g. calendar and withdrawal methods
- **Caya Diaphragm** can be used for up to 2 years with proper care
- Can be used without a visit to the hospital

...the non-hormonal option that gives you absolute control

Packing

1 device per pack