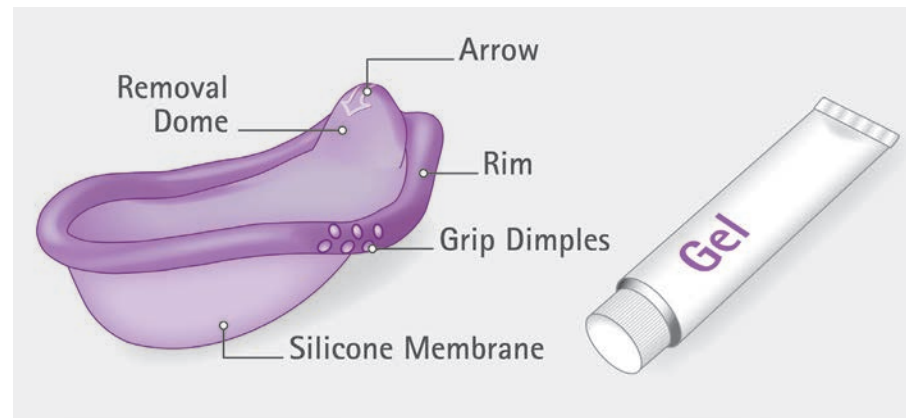


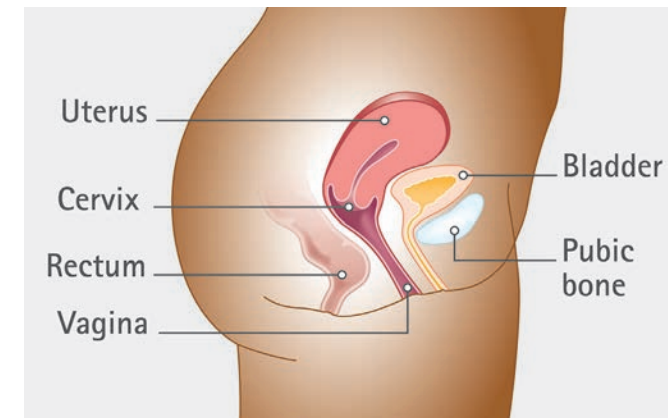
# Caya<sup>®</sup>

contoured  
diaphragm

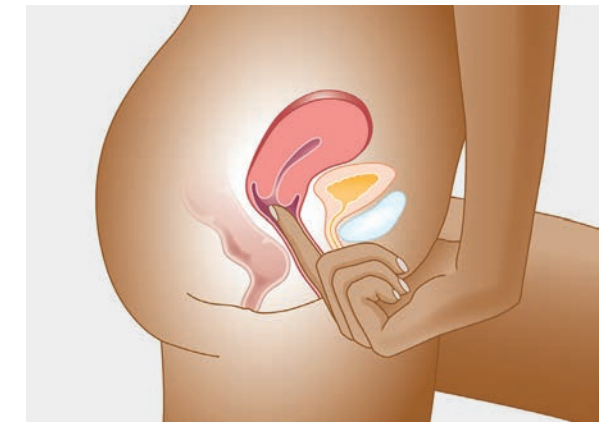
## The Caya diaphragm and Cayagel



## Anatomy



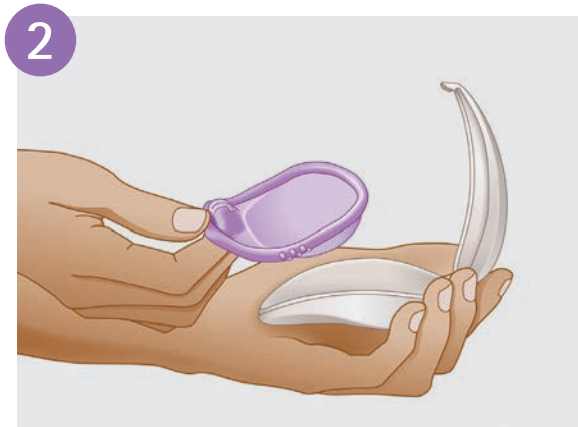
## Touch the cervix.



## How to use:



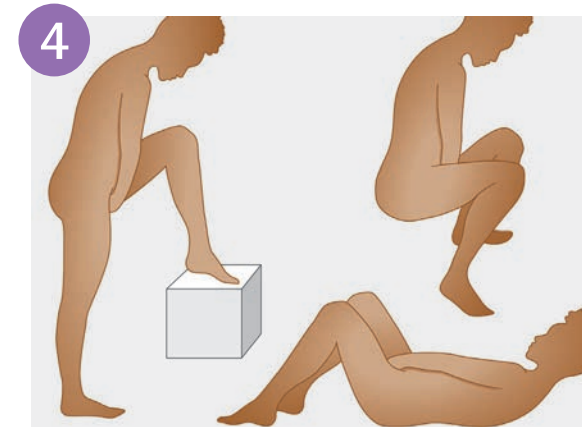
Clean your hands.



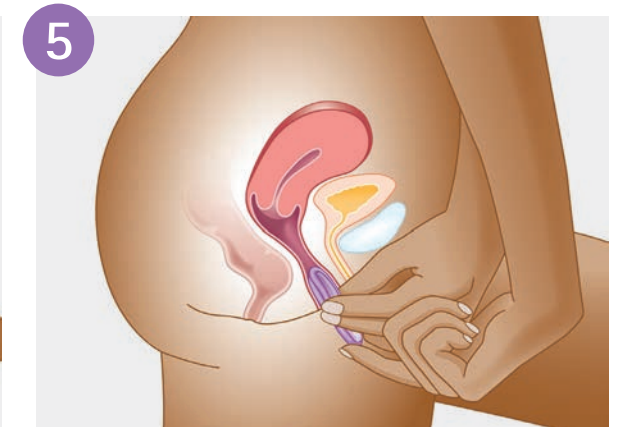
Take your diaphragm.



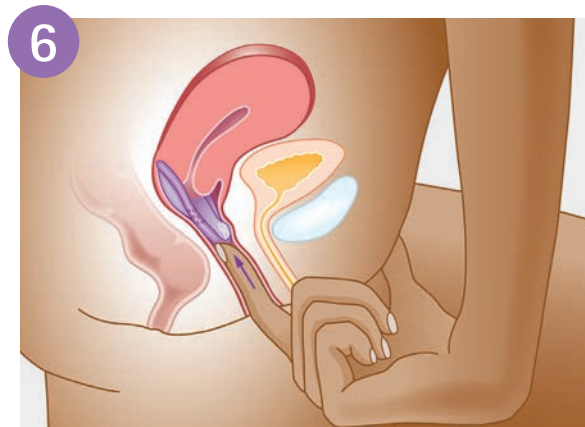
Apply contraceptive gel and fold the diaphragm.



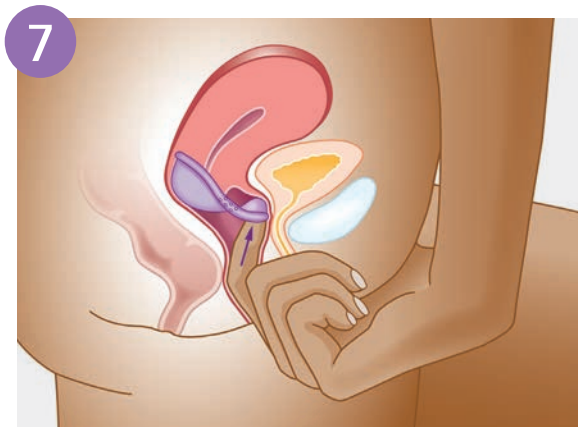
Find a comfortable position.



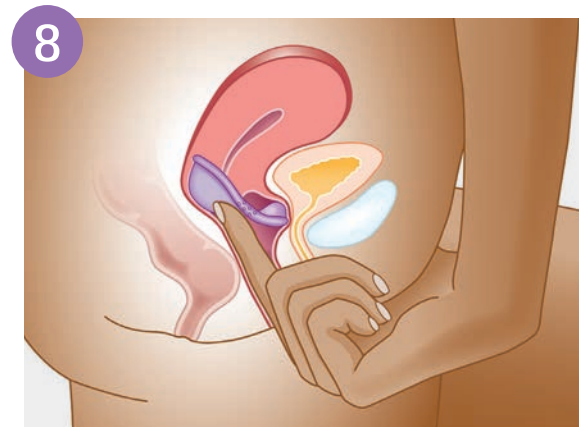
Introduce your diaphragm.



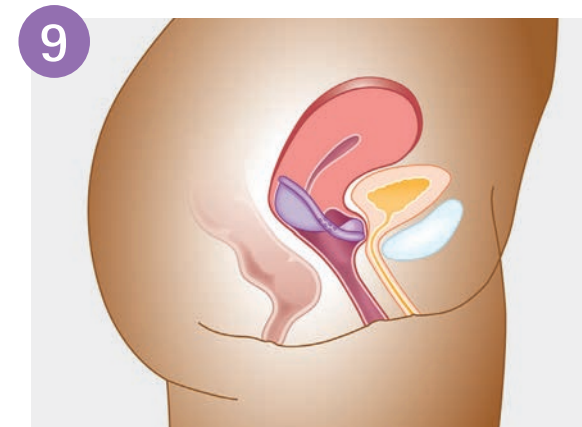
Push and place the diaphragm to cover the cervix.



Push the diaphragm behind your pubic bone.



Verify your cervix is completely covered.



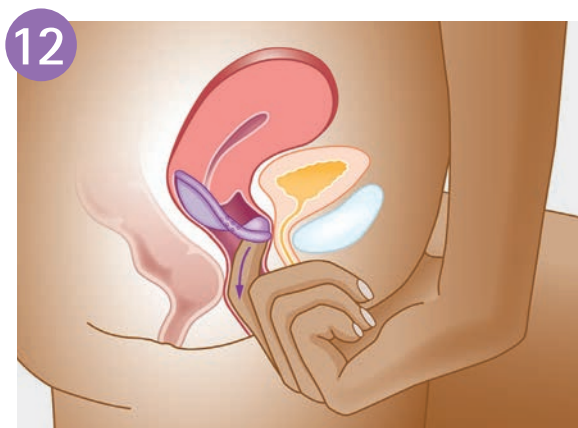
Now you are protected.



You may have sexual intercourse.



After six hours, you may take out your diaphragm.



Pull out the diaphragm at the removal dome.



Clean it with warm water and soap. Store the diaphragm in its case.

Never leave the Caya diaphragm longer than 24 hours in the vagina. For any question, please contact your healthcare center.