



Caya Gel is a water-based lubricant that increases the effectiveness of **Caya Diaphragm**. It acts as an additional physical barrier at the cervix and maintains the vagina pH. **Caya Gel** comes with a vaginal applicator which can be used to re-apply additional gel if intercourse is repeated.

How it works

Caya Gel acts by reducing the mobility of sperm cells and lowers the pH level of the vagina which makes it less hospitable to sperm. The gel's viscous consistency traps sperm to prevent it from swimming past any opening around the diaphragm. **Caya Gel** contains lactic acid which is particularly useful in maintaining a healthy vagina.

Who can use

Caya Gel can be used by all women who care about their sexual and reproductive needs, including women who:

- Use **Caya Diaphragm** as a contraceptive method
- Need additional lubrication when using condoms or other methods of contraception
- Experience vaginal pain or soreness during sexual intercourse
- Consistently experience vaginal dryness

How to use

With Caya Diaphragm: Place about 4 ml (one teaspoon) of **Caya Gel** in the diaphragm before insertion into the vagina. Then follow the instructions for inserting **Caya Diaphragm**. The vaginal applicator can be used if additional gel is to be introduced.

For other uses: Place about 4 ml (half of the applicator) of **Caya Gel** into the vagina as often as required. The vaginal applicator is reusable, however, it should be washed after each use.

Benefits of Caya Gel

- Helps maintain a healthy vagina: enhances friendly bacteria and reduces vaginal infections
- Compatible for use with condoms and other methods of contraception
- Improves sexual pleasure for women who experience painful sexual intercourse
- Lubricates the vagina for women who experience dryness due to menopause

Additional Medical Indications for Caya Gel

- Vaginal dryness due to hormonal contraceptives, medications (e.g antihistamines, antidepressants, chemotherapy), and medical conditions e.g. vagina atrophy
- Gynaecological procedures such as vaginal examination, lubrication of speculums and for trans vaginal ultrasound scans
- Immunocompromised women who require additional support to maintain a healthy vagina
- Prevention and treatment of bacterial vaginosis
- Adjunct to antibiotic therapy especially in sexually active women