

CERVICAL CAP

Effectiveness (chances of NOT getting pregnant)

- 60-90 %

What is the cervical cap?

- It is a barrier contraceptive method.
- A soft rubber cup like device that fits snugly around the base of the cervix.
- It is used with spermicide for prolonged and additional pregnancy prevention.

What are the advantages of the cervical cap?

- Simple to use.
- No serious side effects.
- Does not require partner involvement.
- Good for persons who do not have sex on a regular basis.
- May decrease risks of some sexually transmitted diseases.
- Provides contraceptive protection for up to 48 hours, no matter how many times lovemaking occurs.
- Does not interrupt lovemaking.
- Does not interfere with breast-feeding.

What are the disadvantages of the cervical cap?

- Consistent and correct use is required to prevent pregnancy.
- Persons with allergies to latex or spermicides cannot use.
- Remains in vagina for at least 6 hours after intercourse.
- Possible risk of Toxic Shock Syndrome, if worn longer than 48 hours.
- May experience vaginal odor with prolonged use.

How Do I Decide?

- Are you comfortable inserting a medical device into your vagina?
- Do you have sex frequently (more than three times weekly)? If so, you may want to use another method.
- Are you sensitive or allergic to latex or spermicidal products?
- Does this method fit with your religious or moral beliefs?
- Is the cervical cap the best method for you?
- Do you want to discuss this method with your clinician, family planning clinic staff, husband, partner, friend, or family member? In the Philadelphia area, click here for a list of local family planning clinics. Outside of Philadelphia, please click here for a clinic near you www.plannedparenthood.org.

REMINDER: This method may decrease your risk from some sexually transmitted diseases (STD's) and infections including HIV and Hepatitis B. Using condoms consistently can help provide protection from STD's.