

DIAPHRAGM

Effectiveness (chances of NOT getting pregnant)

- 80-94% (during first year of use and whether or not you have delivered a child)

What is a diaphragm?

- Barrier type birth control method prescribed by your family planning clinician.
- A dome shaped rubber cup with flexible rim that covers the cervix and is inserted into the vagina before intercourse.
- Used in combination with spermicidal jelly or cream.

Advantages of the diaphragm?

- Simple to use.
- No serious systemic side effects.
- Does not require partner involvement.
- Good for persons who do not have sex on a regular basis.
- Decreases risk of some sexually transmitted diseases.
- Does not interrupt lovemaking.
- Decreases risk of cervical cancer.
- Does not interfere with breast-feeding.

Disadvantages of the diaphragm?

- Consistent and correct use is required to prevent pregnancy.
- Persons with allergies to latex or spermicides cannot use.
- Increased risks for developing urinary tract infections (UTI's).
- Remains in vagina for at least 6 hours after intercourse.
- Repeated sexual intercourse requires additional spermicide.
- Must remove within 24 hours to avoid risk of toxic shock syndrome (TSS).
- Must replace diaphragm every two years.

How Do I Decide?

- Are you comfortable touching your vagina?
- 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 diaphragm 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 not provide protection against some sexually transmitted diseases (STD's) including HIV and Hepatitis B. Using condoms consistently can help provide protection from STD's.