

- The diaphragm must stay in place in the vagina at least 8 hours after sexual intercourse but not longer than 24 hours.
- If intercourse is repeated, or if the diaphragm has been in place for more than 2 hours before intercourse, a dose of spermicide must be added without taking out the diaphragm.
- **Attention!** The spermicide cream Benzaltex loses its efficiency if it comes into contact with soap. See the instructions with the spermicide or the leaflet Benzaltex.
- To take out the diaphragm, place a finger under the ring in the vagina and pull.
- It must be rinsed in warm water, dried and kept in its box.

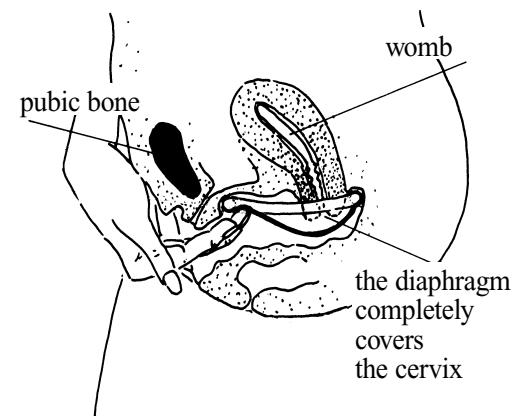
## What else you must know

- After birth or a considerable change in weight, the size of the diaphragm must be controlled and changed if necessary.
- The diaphragm must be checked by the doctor at each yearly gynaecological check-up.
- Cervical caps also exist. They are smaller than the diaphragm and cover the neck of the womb. They have an identical action.

As with any contraceptive method, the simultaneous use of a condom is advised to protect against sexually transmitted diseases, especially AIDS.

# The Diaphragm

The diaphragm is a cup-shaped rubber device on a flexible ring.



## How it works

- The diaphragm acts as a **physical barrier** by covering the neck of the womb. It prevents the spermatozooids from entering the womb.
- It must be used with a jelly or cream spermicide.
- **The spermicide's chemical action** destroys the spermatozooids and increases the efficiency of this method of contraception.

**Its efficiency depends on its correct use**

## How to use it

The use of a diaphragm requires a certain amount of practice.

- **The diaphragm must be well fitting** and controlled by a doctor.
- After applying spermicide cream or jelly to the diaphragm, the woman places it in her vagina herself **before intercourse**.
- Check with a finger that the diaphragm is in place and covers the neck of the womb.