

DIAPHRAGM

TO YOUR HEALTH - PATIENT EDUCATION HANDOUT

2.3

DIAPHRAGM

The diaphragm is a barrier method of birth control. It should always be used in conjunction with a spermicide jelly or cream. Its effectiveness range is 80-92%.

The diaphragm is a shallow rubber cup with a flexible rim. When properly inserted in the vagina, it covers the cervix and is held securely in place behind the pubic bone and the rear wall of the vagina.

DIRECTIONS

The diaphragm needs to remain in place for six hours after intercourse and it is recommended it be removed as soon as possible thereafter. If intercourse is repeated prior to six hours, do not remove diaphragm, but add more spermicide vaginally. Do not leave the diaphragm in place for more than twenty four hours at one time.

Potential adverse effects of the diaphragm include discomfort with use, vaginal or cervical infection, cervicitis, vaginal laceration, abnormal pap smear, allergic reaction to diaphragm material or spermicide, and urinary tract infection.

A current normal pap smear is required. The diaphragm must be fitted by a medical care provider.

A fitting check needs to be done after childbirth, termination, or weight change of greater than 10 pounds.

SIDE EFFECTS

Most women have no problems with diaphragm use, however, women who have a history of toxic shock syndrome, unresolved abnormal pap smear, recurrent urinary tract infection, or known or suspected cervical malignancy should not use the diaphragm.

The diaphragm should not be used during a menstrual period or within six weeks of childbirth or pregnancy termination.

Student Health Center



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This information is for educational purposes only. Consult your doctor for specific medical advice, diagnosis and treatment.

618-453-3311

Dial-A-Nurse is available after-hours until 10:30 p.m. during fall and spring semesters. In case of emergency dial 911.