

Diaphragm:



- **How Does A Diaphragm Work?**
 - A diaphragm is a soft, thin rubber cup with a flexible ring around the outer edge. The diaphragm is a small rubber cup that you fill with contraceptive jelly. You place it in your vagina, making sure your cervix is covered, before intercourse. It prevents sperm from entering your uterus. It also acts as an holder for the jelly. It holds the jelly against the opening of the cervix, the jelly weakens and immobilizes the sperm in the vagina.

- **Are They Safe?**
 - Yes! When used correctly with contraceptive jelly a diaphragm can be very effective to prevent pregnancy. A diaphragm must always be inserted correctly before you have intercourse. It requires careful planning ahead to do this.

- **What Are The Side Effects?**
 - A few people will be allergic to the rubber or the contractive jelly. If you notice itching or burning, talk to your Okanogan Family Planning Nurse Practioner.

- **What Are The Health Benefits For A Diaphragm?**
 - No drugs or chemicals are absorbed into your body. Your period is not affected.

- **What About Sexually Transmitted Diseases/Infections and HIV/AIDS While Using A Diaphragm?**
 - The diaphragm will not protect you from **HIV/AIDS** or any other **sexually transmitted diseases**.

- ***What Do I Need To Know About Using A Diaphragm?***
 - A diaphragm gives a woman fairly good control over conception. When used properly it is an effective method for birth control. Diaphragms are safe; there are no hormones and no side effects from hormones.

- ***When Do I Start?***
 - You must put the diaphragm in place before sexual intercourse. You can insert it a few hours before you have sex. You must leave it in place for about eight hours after intercourse, but should not leave it in any longer. You and your partner will not be able to feel it if it fits well.