

Birth Control : Diaphragm

Birth control is used if you do not want to get pregnant. One method of birth control is the diaphragm.

What is a Diaphragm?

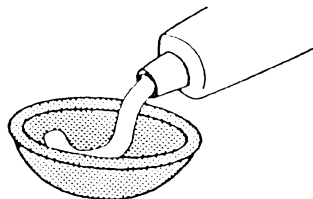
A diaphragm is a dome shaped, rubber cup with a flexible rim. The diaphragm is filled with a sperm killing jelly or cream (vaginal spermicide). The rubber cup fits inside the vagina and covers the opening to the uterus. The cup forms a barrier (wall) and blocks the sperm from getting into the uterus. The jelly or cream kills the sperm.

How good is the Diaphragm?

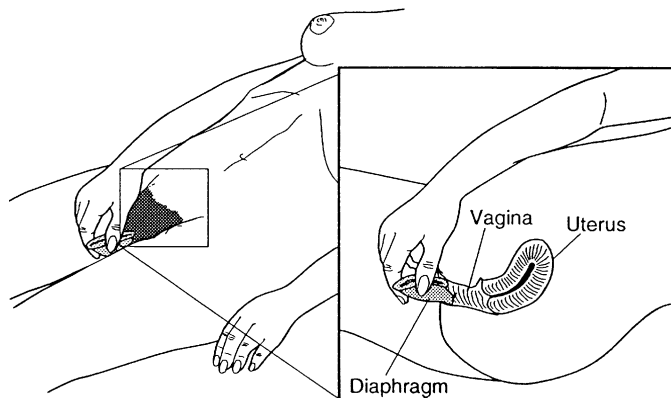
The diaphragm is 82% effective. The diaphragm will prevent a pregnancy most of the time. It only prevents pregnancy when it fits right and is used properly. 18 out of 100 women using the diaphragm for one year will get pregnant.

How do I use the Diaphragm?

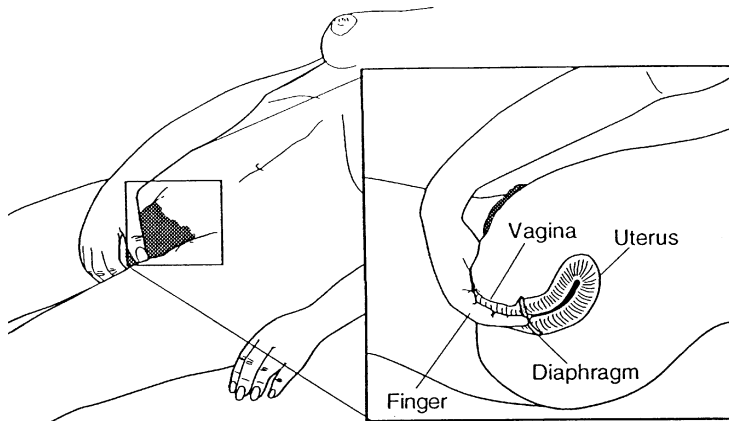
Fill the diaphragm with vaginal spermicide.



Fold the diaphragm in half. Put the diaphragm into your vagina, using your fingers to push it all the way in.



Allow the cup to open to the top of the vagina, so it covers the opening to the uterus.



When do I put in the Diaphragm?

You can put the diaphragm in the vagina up to 6 hours before having sex. If the diaphragm has been in the vagina for more than 2 hours, the vaginal spermicide may have dried out. Before having sex again you should add more spermicide to your vagina **without** removing the diaphragm. Ask your nurse for more information on vaginal spermicide. After sex, the diaphragm must stay in place for 6 hours so the vaginal spermicide can work.

Are there problems with the Diaphragm?

Some women may have trouble putting the diaphragm in or taking it out if their fingers are short. The vaginal spermicide may cause vaginal itching or irritation. If this happens, just try a different kind of vaginal spermicide. If itching continues, see your doctor. The diaphragm may irritate the tube (urethra) leading to the bladder. This may cause bladder infections. If this happens, have your doctor check the fit of the diaphragm.

How do I get the diaphragm?

You must have a pelvic exam by a doctor. The doctor will fit the diaphragm to you. If your weight changes or you have had a baby, your diaphragm may not fit as well. The diaphragm will not be a good method of birth control until it is refitted. See your doctor for a refitting. You should always have a yearly pelvic exam and PAP smear.

If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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The Ohio State University Medical Center

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