

## Caya® fits you, too.

The **Caya®** diaphragm is a contraceptive for all women who want natural and safe contraception.

It is especially suitable for women who:

- want or need hormone-free contraception (e.g. in case of increased risk of thrombosis)
- cannot or do not want to use an IUD
- are breastfeeding
- want contraception only when they have sex
- have given birth/are in the interval between two pregnancies
- have a latex allergy
- want combination with natural methods of family planning (e.g. symptothermal method)

### Contraindications:

- within the 6 weeks after childbirth
- in case of marked prolapse of pelvic floor/uterus
- if conventional diaphragm sizes of 60mm or 85mm and more were used

### Note:

**Caya®** does not protect against sexually transmitted diseases. It is recommended to always use **Caya®** in combination with the contraceptive **Caya®** gel.

## Benefits of the Caya® diaphragm

- hormone-free
- easy to use – like a tampon
- no side effects
- reusable for two years
- latex-free
- no fitting required
- ecologically and economically sound
- no impairment of sexual feelings of both partners
- to be applied only when needed
- together with the contraceptive gel it provides **triple safety:**
  - Cervical cup: mechanical barrier
  - Cellulose in contraceptive gel: additional mechanical barrier
  - acidic pH value (3.8) of the contraceptive gel

Together with the **Caya®** diaphragm you get:

- instruction for use
- storage case



## Caya® contoured diaphragm

EAN 4013273001243



## Caya® diaphragm gel

EAN 4013273001250



The new  
diaphragm.  
Fits to me!

## Caya® contoured diaphragm

Hormone-free.  
Safe.  
Easy to use.



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For more  
information  
[www.caya.eu/en](http://www.caya.eu/en)



US Distribution: [www.caya.us.com/](http://www.caya.us.com/)

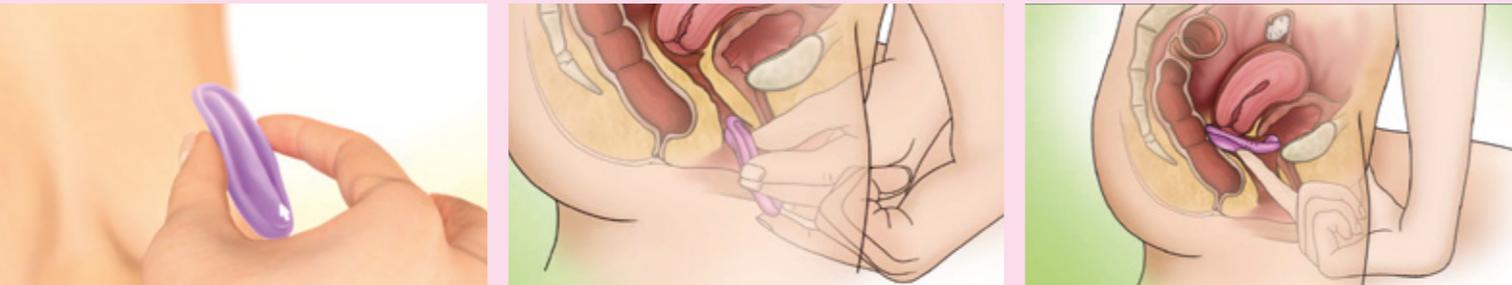
CE 0483  
Medical Device

<https://www.facebook.com/cayadiaphragm>



# Caya<sup>®</sup> contoured diaphragm

## Contraception using the Caya<sup>®</sup> diaphragm



Many women seek natural and safe contraception – without hormones!

The new **Caya<sup>®</sup>** diaphragm offers you reliable and self-determined contraception precisely when you need it. **Caya<sup>®</sup>** is inserted into the vagina before sex like a tampon. It covers the cervix completely and is located between the posterior fornix and the niche on the pubic bone. During and after sex, **Caya<sup>®</sup>** prevents the penetration of sperm into the uterus. After intercourse, the **Caya<sup>®</sup>** diaphragm must remain in the vagina for at least 6 hours.

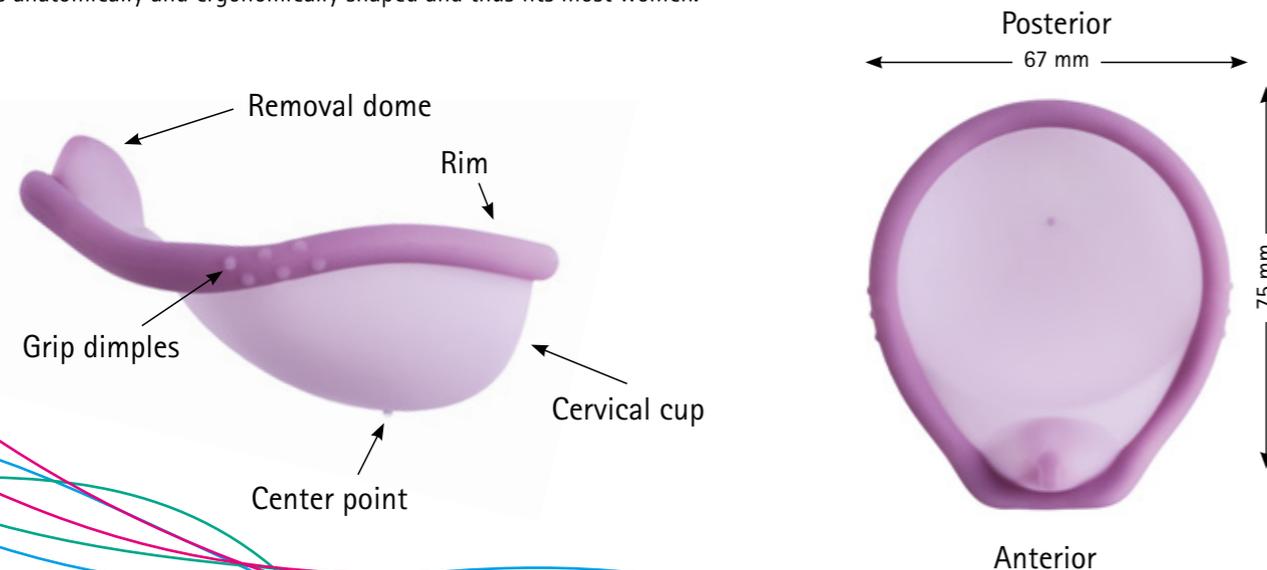
For more information please see: [www.caya.eu](http://www.caya.eu)

 <https://www.facebook.com/cayadiaphragm>

## What's new: the anatomical shape!

The Caya<sup>®</sup> diaphragm is a new contraceptive barrier device.

It is anatomically and ergonomically shaped and thus fits most women.



- **Cervical cup:** extremely thin, covering the cervix completely. Unobtrusive during sexual intercourse.
- **Rim:** flexible, provides stability and helps guide the Caya<sup>®</sup> deep into the vagina as the woman pushes on the anterior rim.
- **Grip dimples:** orient the woman's fingers and provide a tactile cue for where to hold and squeeze the rim.
- **Removal dome:** allows for easy removal; a woman's finger can fit under or over the dome to remove the device.
- **Center point:** palpable center point for a better positioning of the diaphragm.

## Caya<sup>®</sup> diaphragm and Caya<sup>®</sup> gel ensure safety!

### Triple safety with Caya<sup>®</sup>

- The Cervical cup is the mechanical barrier directly before the cervix. The solid rim reliably seals the cervix.
- The **Caya<sup>®</sup>** Gel contains cellulose, among other things, which forms an additional mechanical barrier directly at the cervix.
- The **Caya<sup>®</sup>** Gel has an acidic pH value due to the lactic acid it contains, disabling the sperm.

At the same time, this pH value has a positive effect on the vaginal flora and protects against vaginal infections.

Safety, ease of use and wearing comfort of **Caya<sup>®</sup>** have been demonstrated in clinical studies.<sup>1-4</sup>

# Caya<sup>®</sup>



#### References

- 1 Yang CC, Maravilla K, Kilbourne-Brook M, Austin G, et al. Magnetic resonance imaging of SILCS diaphragm: anatomical consideration and corroboration with clinical fit. *Contraception* 2007; 76:238-244
- 2 Schwartz J, Ballagh S, Creinin M, et al. SILCS diaphragm: postcoital testing of a new single-size contraceptive device. *Contraception* 2008; 78:237-244
- 3 Coffey P, Kilbourne-Brook M, Brache V, Cochón L, et al. Comparative acceptability of the SILCS and Ortho ALL-FLEX<sup>®</sup> diaphragms among couples in the Dominican Republic. *Contraception* 2008; 78:418-423
- 4 Coffey P, Kilbourne-Brook M, Beksinska M, Thongkrajai E, et al. Short-term acceptability of a single-size diaphragm among couples in South Africa and Thailand. *J Fam Plann Reprod Health Care* 2008;34(4):233-236 *Contraception* 2004; 69:263-266.