



MED*intim*
personal healthcare

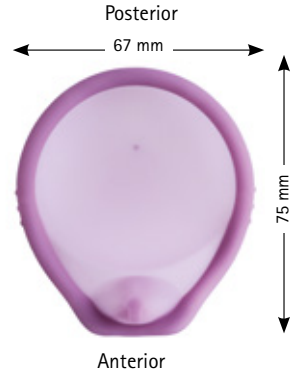
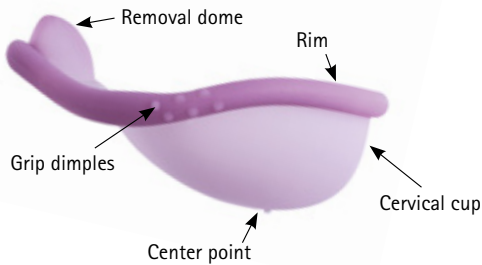


Caya[®] *contoured
diaphragm*

**Hormone-free.
Safe.
Easy to use.**

Caya[®] *contoured diaphragm*

The new diaphragm: anatomically shaped!



The Caya[®] contoured diaphragm is new contraceptive barrier device. It is anatomically and ergonomically shaped and fits a broad range of women.¹

- **Cervical cup:** extremely thin, covering the cervix completely. Unobtrusive during sexual intercourse.
- **Rim:** flexible, provides stability and helps guide the Caya[®] deep into the vagina as the woman pushes on the anterior edge.
- **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.

Fitting no longer necessary!

The oval shape is designed to fit the vaginal fornix – one size fits most women.

Indication:

Caya[®] contoured diaphragm is a contraceptive device for all women who want to use natural and safe contraception.

It is suitable for women:

- who can't or don't want to use hormonal methods (e.g. due to increased risk of thrombosis)
- who can't or don't want to use an IUD
- who are breastfeeding
- who want contraception only when necessary
- who are allergic to latex
- after giving birth/between two pregnancies
- in combination with natural methods of family planning (e.g. symothermal method)

Safety:

Triple protection:

- Cervical cup: acts as mechanical barrier
- Cellulose in contraceptive gel: additional mechanical barrier
- pH value of 3.8 (lactic acid) viscosity of the gel: inhibiting sperm motility

Studies have demonstrated that safety and compliance increase the longer and more often a woman uses a diaphragm.⁵

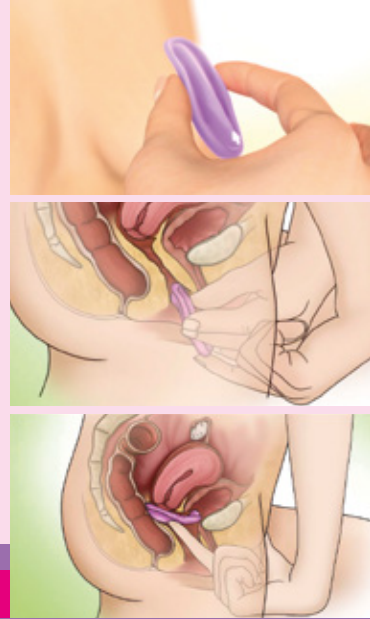
Contraindications:

- six weeks postpartum
- if a diaphragm measuring 60mm, 85mm or more has previously been used
- acute or chronic recurrent urinary tract infections
- severe uterine and vaginal descent
- Cystocele with loss of the retropubic recess in the vagina
- small or absent retropubic recess

How does Caya® work?

- is inserted into the vagina
- is positioned between the posterior fornix and retopubic recess
- covers the cervix completely
- acts as a mechanical barrier that prevents sperm from entering the uterus

Caya® should always be used with a contraceptive gel (e.g. Caya® gel).



Advantages:

- hormone-free
- single-size design fits a broad range of women
- safe and reliable
- easy to use – comparable to the use of a tampon
- no side-effects
- user-initiated method
- unobtrusive during sexual intercourse
- shape to fit the female anatomy
- latex-free
- ecological: no waste, reusable
- economical: can be used for up to two years
- does not interfere with the sexual pleasure of either partner

Caya® – clinically proven safety, acceptability, fit and contraceptive efficacy.

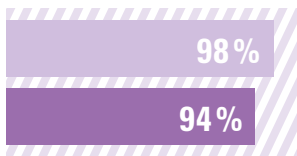
The innovative form and function of Caya® have been tested and documented in several independent studies¹⁻⁴ in the USA.

In a multicentric clinical trial by CONRAD³ (www.conrad.org), at 10 centres in the US the reliability was examined: In 450 couples, contraceptive efficacy, safety, acceptability, and fit of the single-size diaphragm were tested.⁴

RESULTS:

The Caya® diaphragm is safe, as effective as a standard diaphragm, and acceptable when used with contraceptive gel. The Kaplan-Meier cumulative 6-month typical use pregnancy probability for the single-size diaphragm was 10.4 per 100 woman.⁴ This value is not the same as the Pearl Index which defines method safety determined in the long term (cf. http://en.wikipedia.org/wiki/Pearl_Index).

The Pearl Index of the diaphragm method is comparable to that of natural rubber latex condoms for males.



- Most women (98%) could be fitted with the single-size diaphragm.
- After an additional coaching by a clinician 94% (421 of 450) could insert, correctly position, and remove the diaphragm.

Credentials

1 Mauck C, Lai JJ, Schwartz J, Weiner D, et al. Diaphragms in clinical trials: is clinician fitting necessary? *Contraception* 2004; 69:263-266.
2 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.
3 Schwartz J, Ballagh S, Creinin M, et al. SILCS diaphragm: postcoital testing of a new single-size contraceptive device. *Contraception* 2008; 78:237-244.
4 Schwartz J, et al. Contraceptive Efficacy, Safety, Fit, and Acceptability of a Single-Size Diaphragm Developed With End-User Input. *ObstetGynecol* 2015.
5 Vessey, M., Wiggins P.: Use effectiveness of the diaphragm in a selected family planning clinic population in the United Kingdom. *Contraception* 9 (1974) 15-22.

Caya[®]

contoured diaphragm



EAN 4013273001243

Caya[®]

diaphragm gel



EAN 4013273001250



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CE 0483
Medical device



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



US Distribution: www.caya.us.com/

For more
information:
www.caya.eu/en

