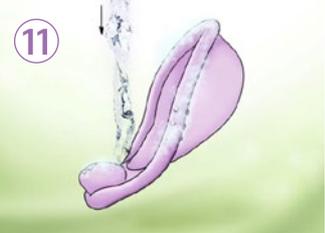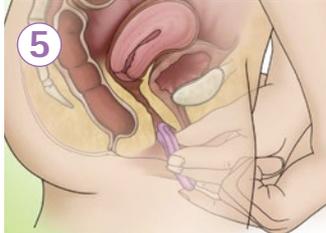# Caya® contoured diaphragm

Quick Start Guide for safe and easy use

1. Before insertion, **Caya®** is folded on the marked grip nubs. Into the corresponding membrane dent, about 4 ml (about one teaspoon) of contraceptive gel (**Caya®** Gel) are poured.

2. Small amounts of the gel are spread on the rim. Spreding the gel on the edge facilitates insertion into the vagina.

3. The **Caya®** diaphragm and contraceptive gel can be applied up to **2 hours** before coitus.

4. The diaphragm is held in one hand. During insertion, the arrow on it points towards the body.

5. **Caya®** is pushed past the vaginal portion of the cervix into the posterior fornix. The recessed grip fills the retropubic space completely.

6. **Caya®** is correctly placed when the cervix is completely covered by the diaphragm and placed between the retropubic arch and the niche on the pubic bone.

7. The placement should be controlled with the finger after insertion. It is correct when through the membrane of the diaphragm the cervix can be felt (feels like the tip of a nose). Otherwise the diaphragm must be removed and inserted again.

8. In case of repeated sexual intercourse, the diaphragm remains in the vagina. To ensure continued safety, before the second coitus additionally gel must be introduced into the vagina using the gel applicator.

9. Only at least **6 hours** after the last ejaculation the diaphragm may be removed from the vagina. (Otherwise motile sperm might ascend into the then unprotected cervical canal.)

10. Then the **Caya®** is pulled out of the vagina using the recessed grip.

11. After removal from the vagina, the **Caya®** diaphragm is rinsed with water and soap and dried in the open case.

12. For protection against external influences, the **Caya®** should always be stored in the supplied case.

13. Important: The **Caya®** diaphragm should never remain in the vagina for more than **24 hours**.

14. The **Caya®** diaphragm can be used for 2 years from the first application.