

INFORMATION FOR INFORMED CONSENT - DIAPHRAGM

What is the diaphragm?

The diaphragm is inserted into the vagina to prevent pregnancy:

- made of latex or silicone. Shaped like a dome.

Your doctor or nurse can prescribe it for you. It is called a barrier method because it blocks sperm from entering the uterus.

It works by covering the cervix. It keeps sperm from joining with an egg. It is used with a spermicide cream or jelly. Spermicide stops sperm from moving.

How well do barriers work?

- **Diaphragm** — For every 100 women who always use the diaphragm as directed, about 6 will get pregnant in a year. For every 100 women who don't always use it as directed, about 12 will get pregnant in a year.

What is the benefit of a diaphragm?

It is a safe way to prevent pregnancy. It also has no hormones.

Besides a diaphragm, what other choices do I have?

There are many other methods of birth control. We will offer you information about them and answer your questions.

How do I use the diaphragm?

Your doctor or nurse will give you instructions. If you decide to use a diaphragm — Read the package insert that comes with it. The information may be different from ours.

What are the risks of barrier methods?

- Nonoxynol-9 (N-9) is the active ingredient in most spermicides. Using N-9 many times a day may irritate the vagina or anus. This can increase the risk of getting HIV or other sexually transmitted infections (STIs).
- Some people may be allergic to the latex, silicone, or spermicide.
- Women may have an increased chance of getting bladder infections with the diaphragm.



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Warning Signs — Call the clinic if you have

- discomfort while the diaphragm is in place
- itching or irritation in the vagina
- unusual discharge from the vagina
- frequent bladder infections
- redness or swelling of the vulva/vagina
- signs of toxic shock syndrome — which is very rare. If you have any of these symptoms, remove the device and contact us right away:
 - sudden high fever
 - a sunburn-type rash
 - diarrhea or vomiting
 - sore throat, aching muscles and joints
 - dizziness, faintness, weakness

What else do I need to know?

This method protect against pregnancy, but does not protect against sexually transmitted infections (STIs). Always use a condom for protection against infection.

Take care of your health — Don't forget to get regular check-ups and screening for sexually transmitted infections and cancer.

Let us know if you have questions. We are happy to help you.

