

Quick Start Guide for safe and easy use

	<p>1 The Caya[®] diaphragm is inserted immediately before sexual intercourse. 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.</p>		<p>7 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.</p>
	<p>2 Small amounts of the gel are spread on the rim. Spreading the gel on the edge facilitates insertion into the vagina.</p>		<p>8 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.)</p>
	<p>3 The diaphragm is held in one hand. During insertion, the arrow on it points towards the body.</p>		<p>9 Then the Caya[®] is pulled out of the vagina using the recessed grip.</p>
	<p>4 Caya[®] is pushed past the vaginal portion of the cervix into the posterior fornix. The recessed grip fills the retropubic space completely.</p>		<p>10 After removal from the vagina, the Caya[®] diaphragm is rinsed with water and soap and dried in the open case.</p>
	<p>5 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.</p>		<p>11 For protection against external influences, the Caya[®] should always be stored in the supplied case.</p>
	<p>6 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.</p>		<p>12 Important: The Caya[®] diaphragm should never remain in the vagina for more than 24 hours.</p>
		<p>13 The Caya[®] diaphragm can be used for 2 years from the first application.</p>	