



DIAPHRAGM - FITTING

DEFINITION	A diaphragm is a female barrier method of contraception. It is a dome-shaped latex device with a flexible rim which is then filled with spermicide gel and placed at the apex of the vaginal vault. The diaphragm is available by prescription only, in various sizes and styles.
SUBJECTIVE	May include: 1. LMP. 2. Medical, sexual, and contraceptive use history update, as appropriate. Must exclude: 1. History of toxic shock syndrome (TSS). 2. History of allergy or adverse reaction to latex or spermicide. 3. History of delivery within last 6 weeks.
OBJECTIVE	Must include: 1. Pelvic exam. Correct diaphragm size can be estimated by using ones fingers as a measurement of the space between the clients posterior vaginal vault and the pubic bone.
LABORATORY	No specific laboratory needed.
ASSESSMENT	Candidate for diaphragm.
PLAN	1. Fit appropriate diaphragm in largest size which is tolerated by client, offers adequate coverage of cervix, and fits behind pubic bone. 2. Have client demonstrate ability to properly insert and remove diaphragm. 3. Review and sign consent/client education form.
CLIENT EDUCATION	1. Provide client education handout(s). Review manufacturer's inserts. Review symptoms, complications, and danger signs. 2. Recommend that client RTC in one month to assess proper use, every year for annual exam, after each pregnancy, with weight change of at least 10 lbs. and PRN for problems. Advise client to bring diaphragm to these visits. 3. Review safer sex education, as appropriate. 4. Diaphragms used with spermicide can provide a barrier against cervical infection but can be associated with vaginal and urinary tract infections. No recent data supports spermicides' ability to prevent bacterial or viral infections including HIV. 5. Avoid petroleum based lubricants 6. Avoid anti fungal creams 7. Can be placed 6 hours prior to sexual intercourse and must be left in place 6 hours after sexual intercourse. Do not leave in longer than 24 hours. 8. If additional acts of sexual intercourse occurs addition gel can be placed in vagina, but do not take your diaphragm out to put gel in the dome 9. Offer ECP in advance if needed 10. Educate regarding s/s of toxic shock syndrome

**CONSULT /
REFER TO
PHYSICIAN**

S/S of Toxic Shock Syndrome

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References:

1. Hatcher, R. A., Trussell, J. Nelson, A., et al (Editors)(2011). Contraceptive Technology. (20th revised ed.). p.403. New York: Ardent Media.