



NORTH DAKOTA DEPARTMENT OF HEALTH
Family Planning Program

**CONSENT FOR
DIAPHRAGM**

Name _____ Chart No. _____

BENEFITS: I have been told that the diaphragm is a dome-shaped rubber cup that has a flexible rim. I understand the diaphragm can be 80-90% effective when used correctly every time.

The diaphragm with spermicide may have the following benefits:

- * Possible reduced risk of abnormal Pap smears.
- * Possible protection against some sexually transmitted infections and pelvic inflammatory disease.

RISKS/SIDE EFFECTS: I understand I may experience the following while using the diaphragm with spermicide:

- * Allergic reaction to rubber/latex in the diaphragm or chemicals in the spermicide.
- * Possible increased risk of vaginal infection including foul smelling discharge from prolonged use.
- * Recurrent cystitis (bladder infection).
- * Toxic Shock Syndrome.

Signs of Toxic Shock Syndrome:

- Fever (101 degrees or higher)
- Diarrhea
- Vomiting
- Muscle aches
- Rash (like sunburn)

ALTERNATIVES: I understand and have received written information on the other methods of birth control that I could use and choose to use the diaphragm. For situations of suspected contraceptive failure, emergency contraception is available and offers a second chance to reduce the risk of unintended pregnancy.

INSTRUCTIONS: I have received written information about the diaphragm and how to use it. I will read this information. I understand this method may protect against some STIs (sexually transmitted infections). There is no protection from HIV.

DECISION TO STOP USING: I may stop using the diaphragm at any time. A woman is most likely to get pregnant if she or her partner does not use a method of birth control.

QUESTIONS: I had the chance to ask questions about the diaphragm and may contact the clinic with further questions.

Client Signature Date

Family Planning Staff Witness Date

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INSTRUCTIONS FOR DIAPHRAGM USERS

1. Use the diaphragm with contraceptive jelly or cream every time you have intercourse, even during your period. Don't try to "guess" about your fertile times.
2. Plan to insert your diaphragm in plenty of time before intercourse. You can put it in just before intercourse or anytime up to six hours beforehand. Any time is better than not at all.
3. To apply contraceptive jelly or cream: Hold the diaphragm down (like a cup). Squeeze the contraceptive jelly or cream into the dome (use about one tablespoon). Spread some of the cream or jelly around the rim of the diaphragm with your finger.
4. **TO INSERT THE DIAPHRAGM:** First wash your hands with soap and water. With one hand hold the dome of the diaphragm down (contraceptive jelly or cream in the dome). Then press opposite sides of the rim together so the diaphragm folds. Spread the lips of your vagina with your other hand, and insert the folded diaphragm into your vagina. This can be done standing with one foot propped up (on the edge of the bathtub or toilet), squatting, or on your back. Push the diaphragm downward and back along the wall of your vagina as far as it will go. Then tuck the front rim up along the roof of your vagina behind your pubic bone. Once it is in place properly, you should not be able to feel it, except with your fingers. If it is uncomfortable, or you can feel it, take it out and reinsert it.
5. **TO CHECK THE PLACEMENT OF YOUR DIAPHRAGM:** The back rim of the diaphragm is below and behind the cervix and the front rim is behind the pubic bone when correctly placed. Often it is not possible to feel the back rim. You should check to be sure that you can feel your cervix covered by the soft rubber dome of the diaphragm.
6. Avoid use of oil based lubricants such as mineral oil, baby oil, vegetable oil or Vaseline with your diaphragm. Some vaginal medications may be harmful to the diaphragm. Check with you clinician before using any vaginal medication with your diaphragm. Use more contraceptive jelly if you need more lubrication.
7. After intercourse, leave the diaphragm in place for at least six hours. Remove it whenever it is convenient for you after that. Use an additional application of contraceptive jelly or cream if you have intercourse more than once. Wearing the diaphragm more than 24 hours is not recommended because of the possible risk of toxic shock syndrome (TSS). Remember to keep the diaphragm in place a minimum of six hours after intercourse.
8. **TO REMOVE THE DIAPHRAGM:** First wash your hands with soap and water. Place your index finger behind the front rim of the diaphragm and pull down then out. Be careful not to puncture the diaphragm with a fingernail.
9. **CARE OF THE DIAPHRAGM:**
 - a. Wash the diaphragm with mild soap and water, rinse it and dry it with a towel.
 - b. Store the diaphragm in the plastic container. You may sprinkle it with cornstarch. Do not use talcum powder or perfumed powder, they may damage the diaphragm.
 - c. Check your diaphragm for holes or tears each time you use it. Hold it up to the light and stretch the dome slightly with your fingers to see any defects in the rubber.
10. Your diaphragm should not interfere with normal activities. Urination or a bowel movement should not affect its position, but you can check its placement afterwards, if you wish. It is fine to bathe or shower with the diaphragm in place.