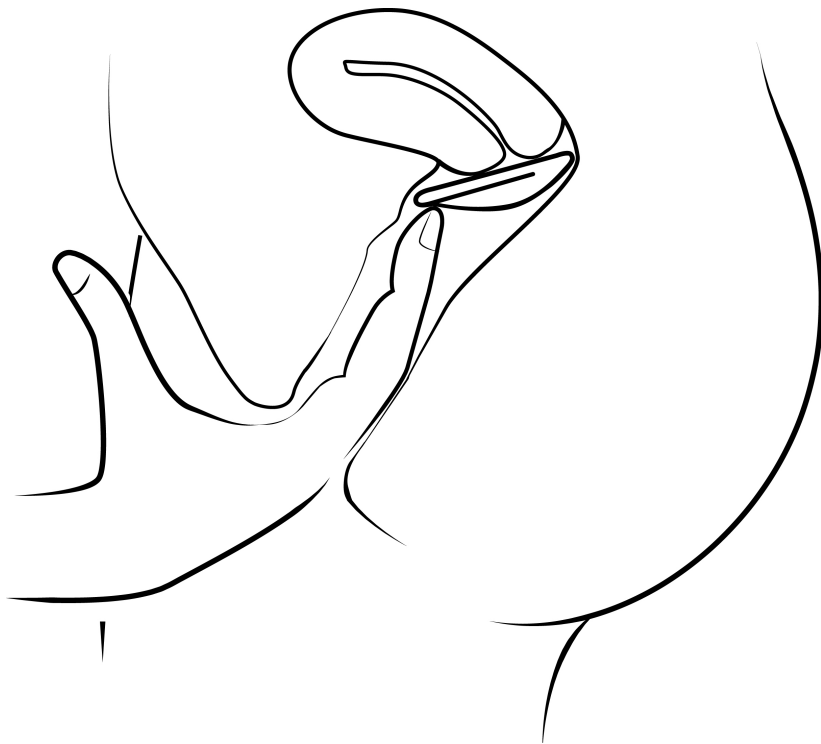


English : <https://sexandfacts.ch/en/>

Das Diaphragma (Scheidenpessar) / Le diaphragme

The diaphragm (or cap)

The diaphragm is a cup-shaped rubber or silicone device stretched around a flexible, circular spring.



- The diaphragm acts as a physical barrier by covering the cervix (the neck of the womb). It prevents the sperm entering the womb.
- It must be used with a jelly or cream spermicide.
- The spermicide's chemical action destroys the sperm and increases the efficiency of this method of contraception.

Its efficiency depends on its correct use.

How to use it

The use of a diaphragm requires a certain amount of practice.

- The diaphragm must be fitted for correct size and controlled by a doctor.
- After applying spermicide cream or jelly to the diaphragm, the woman places it in her vagina before

each intercourse.

- Check with a finger that the diaphragm is in place and covers the cervix.
- The diaphragm must stay in place in the vagina at least 8 hours after sexual intercourse but no longer than 24 hours.
- If intercourse is repeated, or if the diaphragm has been in place for more than 2 hours before intercourse, a dose of spermicide must be added without taking out the diaphragm.
- To take out the diaphragm, place a finger under the ring in the vagina and pull.
- It must be rinsed in lukewarm water, dried and kept in its box.

Attention ! The spermicide cream Benzalkonium loses its efficiency if it comes into contact with soap. See instructions with the spermicide or the leaflet '[Benzalkonium spermicide](#)'.

What else you must know

...Following birth or a considerable change in weight, the size of the diaphragm must be controlled and readapted if necessary.

...The diaphragm must be checked by the doctor at each yearly gynaecological check-up.

...Cervical caps also exist. They are smaller than the diaphragm and cover the cervix. They act exactly the same as a diaphragm.

Good to know

- The best way to protect yourself from HIV or other sexually transmitted infections is to practise safer sex:
 1. Always use a condom, male or female, for penetrative sex (vaginal or anal sex).
 2. For more personal sexual advice, do the safer sex check on www.lovelife.ch.

2018, SANTÉ SEXUELLE SUISSE, Fondation suisse pour la santé sexuelle et reproductive; ALECSS Association suisse latine des spécialistes en santé sexuelle, Éducation – Formation – Conseil; faseg, Fachverband sexuelle Gesundheit in Beratung und Bildung

English : <https://sexandfacts.ch/en/contraception/the-diaphragm-or-cap>