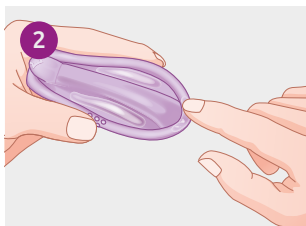


Quick start guide



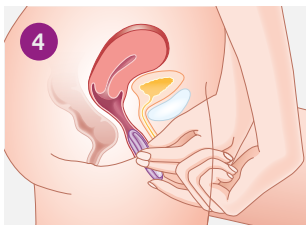
The Caya® diaphragm is inserted before sexual intercourse. Before insertion, Caya® is folded on the marked grip nubs. About 4 ml (about one teaspoon) of diaphragm gel (Caya® Gel) are applied onto the middle of the membrane.



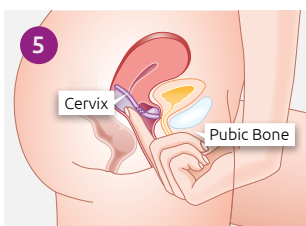
Small amounts of the gel are applied around the edges, too. This makes the diaphragm easier to insert.



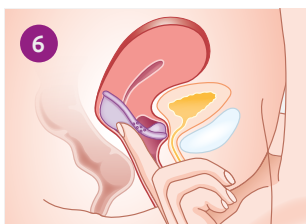
The diaphragm is held in one hand. During insertion, the arrow points towards the body.



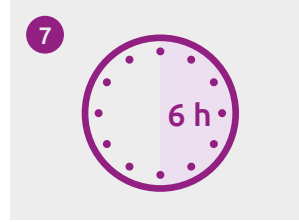
Caya® is pushed deeply along the posterior vaginal wall until the cervix rests inside the cup and the removal dome in the niche of the pubic bone.



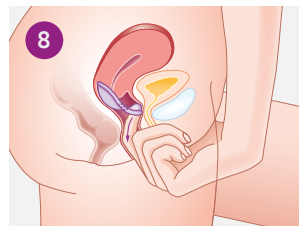
Caya® is correctly placed when the cervix is completely covered by the membrane and placed between the retropubic arch and the niche of the pubic bone.



The cervix should be felt through the membrane of the diaphragm (feels like the tip of a nose). Otherwise the diaphragm must be removed and inserted again.



After intercourse, the Caya® diaphragm must remain in the vagina for at least 6 hours.



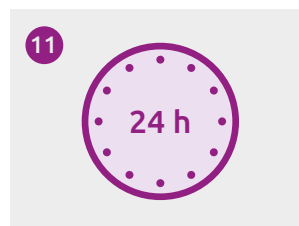
Then the Caya® is pulled out of the vagina using the removal dome.



After removal from the vagina, the Caya® diaphragm is rinsed with water and soap and dried with a soft and clean cloth.



For protection against external influences, the Caya® should always be stored in the supplied case.



Important: The Caya® diaphragm should never be left in the vagina for longer than 24 hours without interruption, as wearing it for longer and uninterrupted periods of time can promote bacterial growth inside the vagina. These bacteria can then lead to Toxic Shock Syndrome (TSS).



The Caya® diaphragm is reusable. With appropriate care, the Caya® diaphragm should last for a period of two years of average use. If any indication of damage is observed, the diaphragm should be replaced immediately.