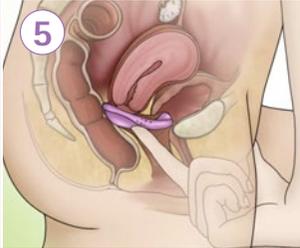
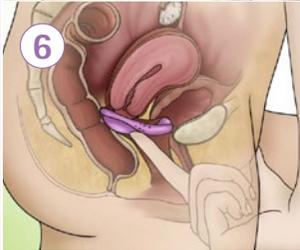
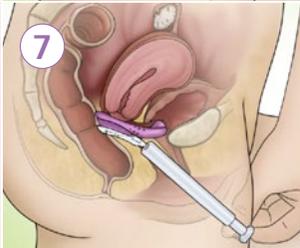
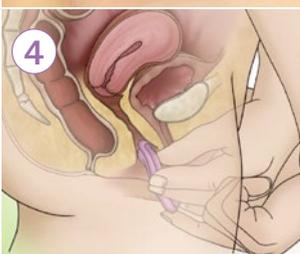
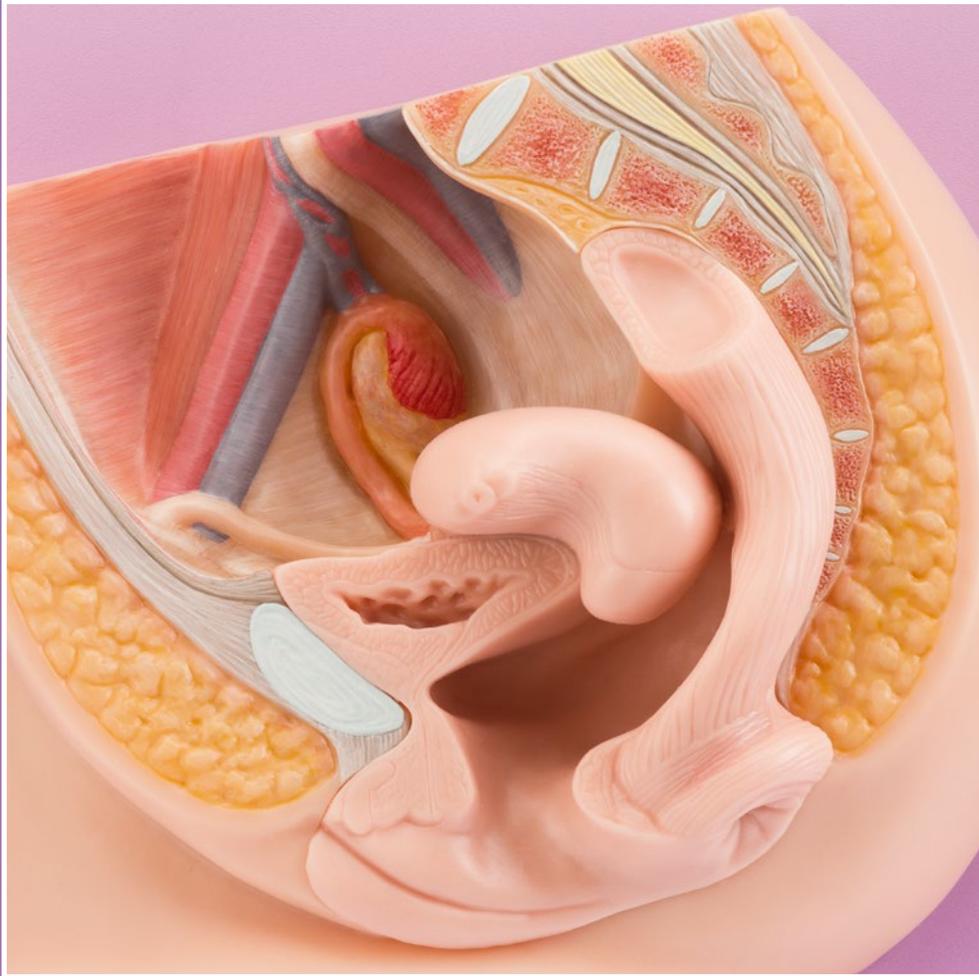


Caya[®] *contoured diaphragm*

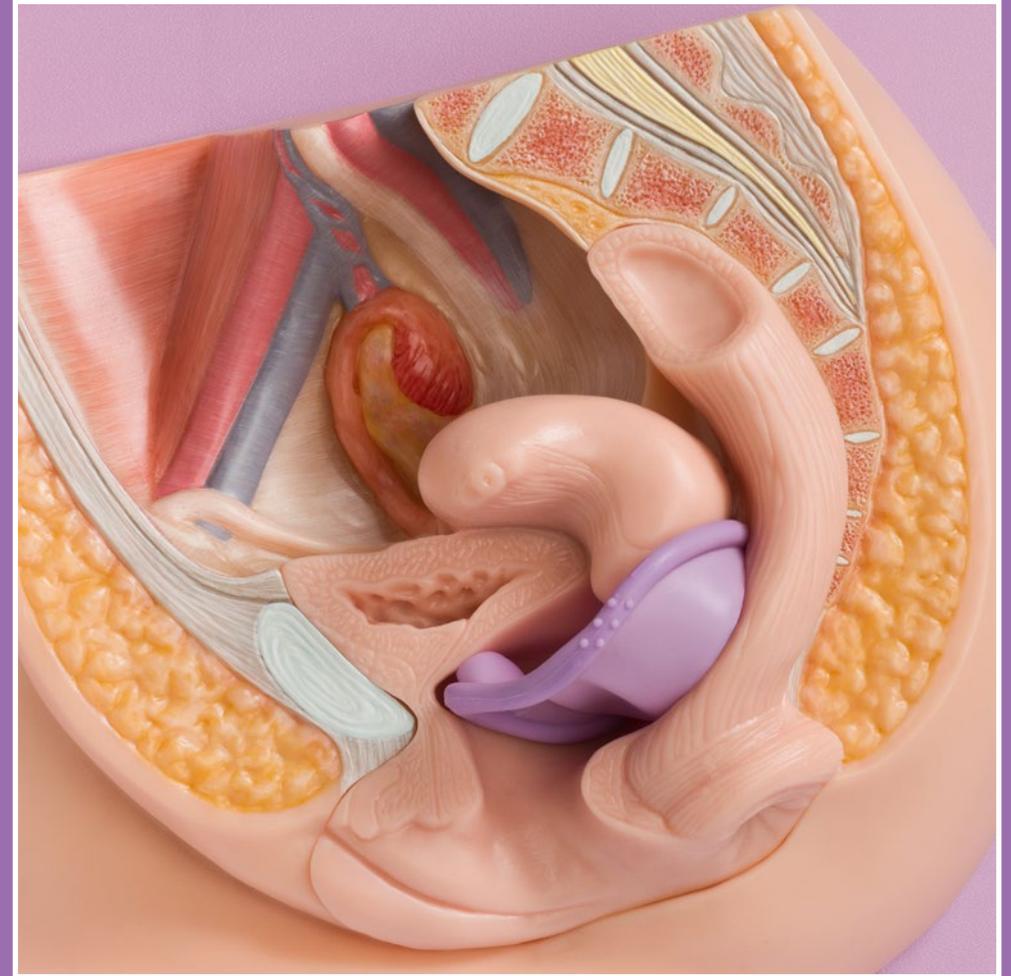
Quick Start Guide for safe and easy use

	<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>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>10 After removal from the vagina, the Caya[®] diaphragm is rinsed with water and soap and dried in the open case.</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>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>11 For protection against external influences, the Caya[®] should always be stored in the supplied case.</p>
	<p>3 The diaphragm is held in one hand. During insertion, the arrow on it points towards the body.</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>12 Important: The Caya[®] diaphragm should never remain in the vagina for more than 24 hours.</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>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>13 The Caya[®] diaphragm can be used for 2 years from the first application.</p>
			<p>9 Then the Caya[®] is pulled out of the vagina using the recessed grip.</p>	<p>For questions and information: email: service@medintim.de phone: + 49 (0) 6105 20 37 20</p>	

Caya[®] *contoured diaphragm* – The right positioning of the diaphragm



Caya[®] Pelvic Model



Caya[®] Pelvic Model with inserted Caya[®] Diaphragm



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Further information
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www.caya.eu



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