

Caya[®]

contoured diaphragm

THE SMART CONTRACEPTION



EAN 4013273001854



Caya[®]

diaphragm gel

EAN 4013273001250



Caya[®]

contoured diaphragm

Hormone-free.
Safe.
Easy to use.


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Made in Germany

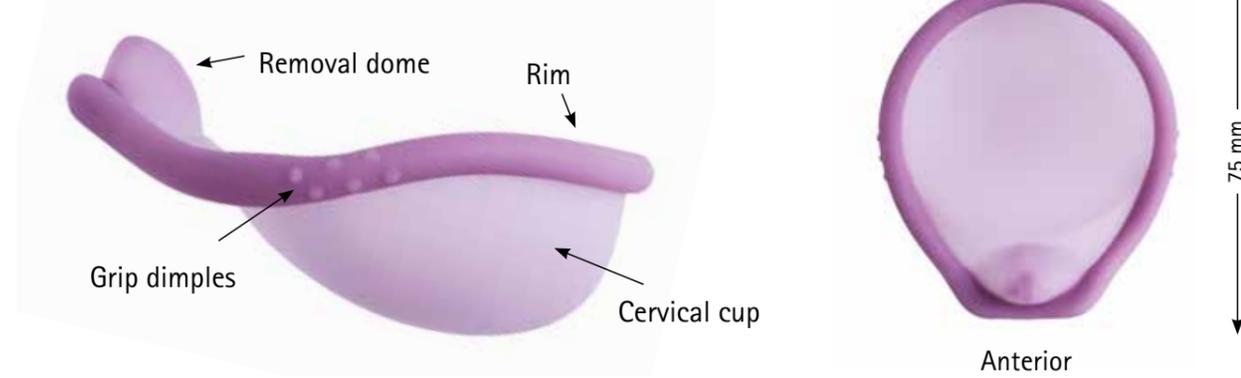
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Medical device

For more
information:
www.caya.eu



Caya[®] contoured diaphragm

The new diaphragm: anatomically shaped!



The Caya[®] contoured diaphragm is new contraceptive barrier device.

It is anatomically and ergonomically shaped and fits a broad range of women.¹

- **Cervical cup:** extremely thin, covering the cervix completely, Unobtrusive during sexual intercourse.
- **Rim:** flexible, provides stability and helps guide the Caya deep into the vagina as the woman pushes on the anterior edge.
- **Grip dimples:** orient the woman's fingers and provide a tactile cue for where to hold and squeeze the rim.
- **Removal dome:** allows for easy removal; a woman's finger can fit under or over the dome to remove the device.

Fitting no longer necessary!

The oval shape is designed to fit the vaginal fornix – one size fits most women.

Indication:

Caya[®] contoured diaphragm is a contraceptive device for all women who want to use natural and safe contraception.

It is suitable for women:

- who can't or don't want to use hormonal methods (e.g. due to increased risk of thrombosis)
- who can't or don't want to use an IUD
- who are breastfeeding
- who want contraception only when necessary
- who are allergic to latex
- after giving birth/between two pregnancies
- in combination with natural methods of family planning (e.g. symtothermal method)

Safety:

Triple protection:

- Cervical cup: acts as mechanical barrier
- Cellulose in contraceptive gel: additional mechanical cervical barrier
- pH value of 3.8 (lactic acid) viscosity of the gel: inhibiting sperm motility

Studies have demonstrated that safety and compliance increase the longer and more often a woman uses a diaphragm.⁵

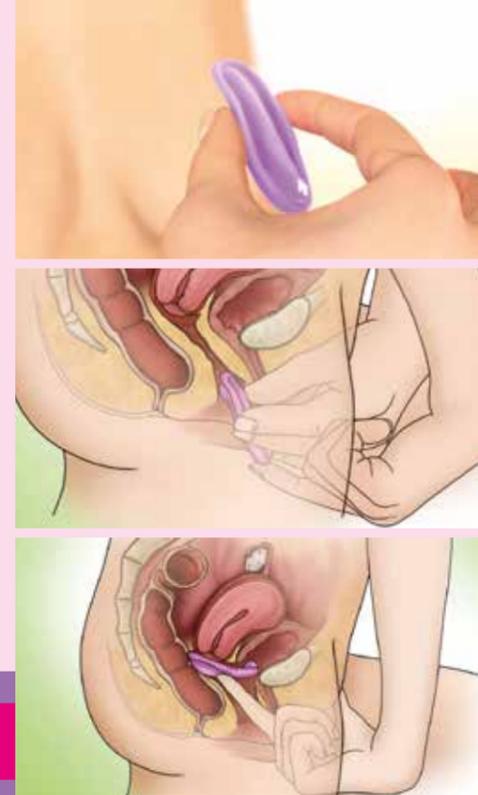
Contraindications:

- six weeks postpartum
- if a diaphragm measuring 60mm, 85mm or more has previously been used
- acute or chronic recurrent urinary tract infections
- severe uterine and vaginal descent
- Cystocele with loss of the retropubic recess in the vagina
- small or absent retropubic recess

How does Caya[®] work?

- is inserted into the vagina
- is positioned between the posterior fornix and retopubic recess
- covers the cervix completely
- acts as a mechanical barrier that prevents sperm from entering the uterus

Caya[®] should always be used with a contraceptive gel (e.g. Caya[®] gel).



Advantages:

- hormone-free
- single-size design fits a broad range of women
- safe and reliable
- easy to use – comparable to the use of a tampon
- no side-effects
- user-initiated method
- unobtrusive during sexual intercourse
- shape to fit the female anatomy
- latex-free
- ecological: no waste, reusable
- economical: can be used for up to two years
- does not interfere with the sexual pleasure of either partner

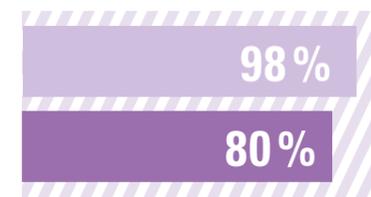
Caya[®] – clinically proven safety, acceptability, fit and contraceptive Efficacy.

Studies have shown that security and compliance increase the longer and more frequently women use a diaphragm for contraception.⁵

The novel shape and function of Caya[®] were determined and tested in several independent studies¹⁻⁴ in the USA. In a clinical multi-center study⁴ from CONRAD (www.conrad.org), the probability of pregnancy, safety, acceptance of the contraceptive method, and accuracy of fit were investigated at ten centers in the USA with 450 couples.

The Caya[®] diaphragm is safe, as effective as a standard diaphragm, and acceptable when used with contraceptive gel. The Kaplan-Meier cumulative 6-month typical use pregnancy probability for the single-size diaphragm was 10.4 per 100 woman.⁴ This value is not the same as the Pearl Index which defines method safety determined in the long term (cf. http://en.wikipedia.org/wiki/Pearl_Index).

The Pearl Index of the diaphragm method is comparable to that of natural rubber latex condoms for males.



- Most women (98%) could be fitted with the single-size diaphragm.
- Nearly 80% of the 450 participants correctly inserted and confirmed correct position of the diaphragm in the vagina after just reading the instructions (i.e. with no coaching or counseling from the provider)

Credentials

¹ Mauck C, Lai JJ, Schwartz J, Weiner D, et al. Diaphragms in clinical trials: is clinician fitting necessary? Contraception 2004; 69:263-266.
² Yang CC, Maravilla K, Kilbourne-Brook M, Austin G, et al. Magnetic resonance imaging of SILCS diaphragm: anatomical consideration and corroboration with clinical fit. Contraception 2007; 76: 238-244.
³ Schwartz J, Ballagh S, Creinin M, et al. SILCS diaphragm: postcoital testing of a new single-size contraceptive device. Contraception 2008; 78:237-244.
⁴ Schwartz JL et al. Contraceptive Efficacy, Safety, Fit, and Acceptability of a Single-Size Diaphragm Developed With End-User Input. ObstetGynecol 2015.
⁵ Vessey, M., Wiggins P.: Use effectiveness of the diaphragm in a selected family planning clinic population in the United Kingdom. Contraception 9 (1974) 15-22.