

Caya® fits you, too.

The Caya® diaphragm is a contraceptive for all women who want natural and safe contraception.

It is especially suitable for women who:

- want or need hormone-free contraception (e.g. in case of increased risk of thrombosis)
- cannot or do not want to use an IUD
- are breast feeding
- want contraception only when they have sex
- have given birth/are in the interval between two pregnancies
- have a latex allergy
- want combination with natural methods of family planning (e.g. sympto-thermal method)

#### Contraindications:

- within the 6 weeks after childbirth
- in case of marked prolapse of pelvic floor/uterus
- if conventional diaphragm sizes of 60 mm or 85 mm and more were used

#### Note:

Caya® does not protect against sexually transmitted diseases. It is recommended to always use Caya® in combination with the contraceptive Caya® gel.

## Benefits of Caya® diaphragm

- hormone-free
- easy to use – like a tampon
- no side effects
- reusable for two years
- latex-free
- no fitting required
- ecologically and economically sound
- no impairment of sexual feelings of both partners
- to be applied only when needed
- together with the contraceptive gel it provides **triple safety:**
  - 1 Cervical cup: mechanical barrier
  - 2 Cellulose in contraceptive gel: additional mechanical barrier
  - 3 acidic pH value (3.8) of the contraceptive gel

Together with the Caya® Diaphragm you get:

- instruction for use
- storage case



# Caya®

contoured diaphragm

EAN 4013273001854



# Caya®

diaphragm gel

EAN 4013273001250



Hormone-free.  
Safe.  
Easy to use.

# Caya®

contoured diaphragm

THE SMART CONTRACEPTION



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For more  
information  
[www.caya.eu](http://www.caya.eu)



<https://www.facebook.com/cayadiaphragm.international/>



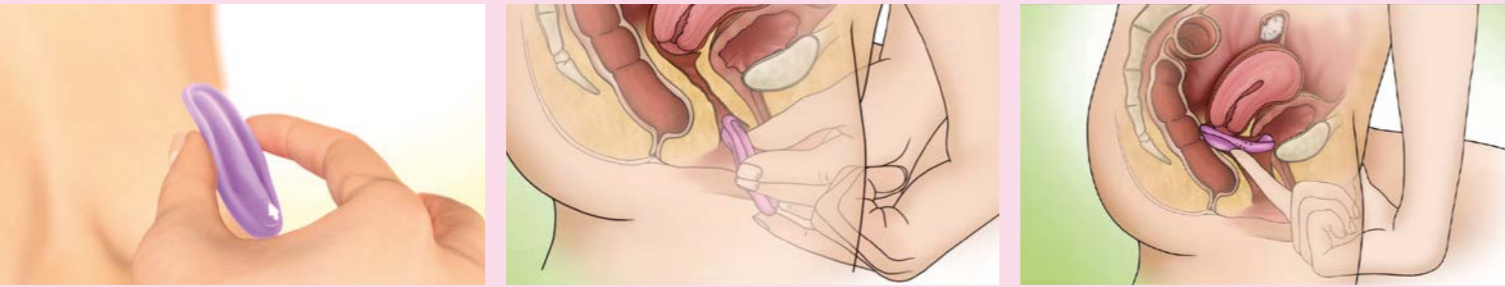
CE 0483  
Medical Device

US Distribution: [www.caya.us.com/](http://www.caya.us.com/)

caya 05.06.2019

# Caya<sup>®</sup> contoured diaphragm

## Contraception using the Caya<sup>®</sup> diaphragm



Many women seek natural and safe contraception – without hormones!

The new **Caya<sup>®</sup>** diaphragm offers you reliable and self-determined contraception precisely when you need it. **Caya<sup>®</sup>** is inserted into the vagina before sex like a tampon. It covers the cervix completely and is located between the posterior fornix and the niche on the pubic bone. During and after sex, **Caya<sup>®</sup>** prevents the penetration of sperm into the uterus. After intercourse, the **Caya<sup>®</sup>** Diaphragm must remain in the vagina for at least 6 hours.

For more information please see:  
[www.caya.eu](http://www.caya.eu)

 <https://www.facebook.com/cayadiaphragm.international/>

## Triple safety with Caya<sup>®</sup>

Caya<sup>®</sup> Diaphragm and Caya<sup>®</sup> Gel ensure safety

- 1 The Cervical cup is the mechanical barrier directly before the cervix. The solid rim reliably seals the cervix.
- 2 The **Caya<sup>®</sup>** gel contains cellulose, among other things, which forms an additional mechanical barrier directly at the cervix.
- 3 The **Caya<sup>®</sup>** gel has an acidic pH value due to the lactic acid it contains, disabling the sperm.

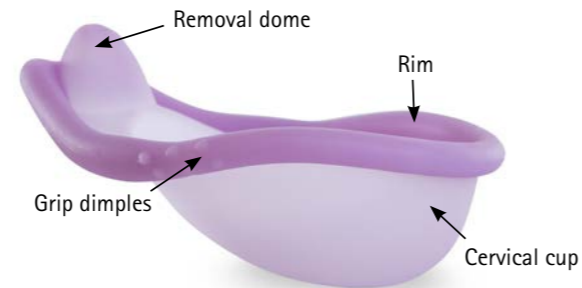
At the same time, this pH value has a positive effect on the vaginal flora and protects against vaginal infections.

Safety, ease of use and wearing comfort of **Caya<sup>®</sup>** have been demonstrated in clinical studies.<sup>1-4</sup>

## What's new: the anatomical shape!

The Caya<sup>®</sup> Diaphragm is a new contraceptive barrier device

It is anatomically and ergonomically shaped and thus fits most women.



**Cervical Cup:** extremely thin, covering the cervix completely. Unobtrusive during sexual intercourse.

**Rim:** flexible, provides stability and helps guide the Caya<sup>®</sup> deep into the vagina as the woman pushes on the anterior rim.

**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.



### References

- 1 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
- 2 Schwartz J, Ballagh S, Creinin M, et al. SILCS diaphragm: postcoital testing of a new single-size contraceptive device. *Contraception* 2008; 78:237-244
- 3 Coffey P, Kilbourne-Brook M, Brache V, Cochón L, et al. Comparative acceptability of the SILCS and Ortho ALL-FLEX<sup>®</sup> diaphragms among couples in the Dominican Republic. *Contraception* 2008; 78:418-423
- 4 Schwartz, Jill e.al 2015 Contraceptive Efficacy, Safety, Fit, and Acceptability of a single-size diaphragm Developed with end-user input.