

**Patient Information:****CERVICAL CAP & DIAPHRAGM****Questions and Answers*****What is a cervical cap?***

A cervical cap is a barrier contraceptive which covers the cervix or lower portion of the uterus preventing sperm from being able to enter the reproductive tract. A spermicide is used with the cervical cap to increase the effectiveness.

***How effective is the cervical cap?***

For women who have never been pregnant, 14 out of 100 will become pregnant when using the cervical cap each year. For women who have given birth vaginally, 29 out of 100 will become pregnant each year.

***What are the advantages of the cervical cap?***

- Does not contain hormones
- Only works when needed
- Latex free
- Quickly reversible
- Easily to carry
- Can be used with breastfeeding

***What are the disadvantages of the cervical cap?***

- Must remember to use it with every vaginal intercourse
- Cannot be used during the period
- Can be moved out of place by some partners
- May need a larger size after vaginal delivery
- Sizing is required by a health care provider

***Please visit [www.FemCap.com](http://www.FemCap.com)***

***What is a diaphragm?***

The diaphragm is a barrier contraceptive which covers the cervix or lower portion of the uterus preventing sperm from being able to enter the reproductive tract. A spermicide is used with the diaphragm to increase the effectiveness.

***How effective is a diaphragm?***

For women who always use the diaphragm as directed, 6 of 100 will become pregnant each year. For women who do not use the diaphragm as directed, 12 of 100 will become pregnant each year.

***What are the advantages of a diaphragm?***

- Does not contain hormones
- Only works when needed
- Latex free
- Quickly reversible
- Easy to carry
- Can be used with breastfeeding

***What are the disadvantages of a diaphragm?***

- Must remember to use it with every vaginal intercourse
- Not as spontaneous as other methods
- Does not provide protection against sexually transmitted infections
- Not readily available at this time
- Sizing is required by health care provider even for one size fits most

***Please visit [www.caya.us.com](http://www.caya.us.com)***