

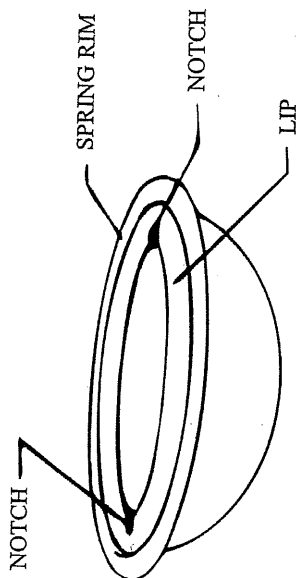
ABOUT YOUR DIAPHRAGM

Your diaphragm is a shallow cup with a flexing rim. When the diaphragm is coated with spermicidal gel and placed over the cervix (the opening of the uterus), it prevents sperm from entering the uterus and provides a reservoir for the spermicidal gel or cream.

The Miletex Wide-Seal diaphragms are the only diaphragms on the market made of SILICONE.

ADVANTAGES OF SILICONE

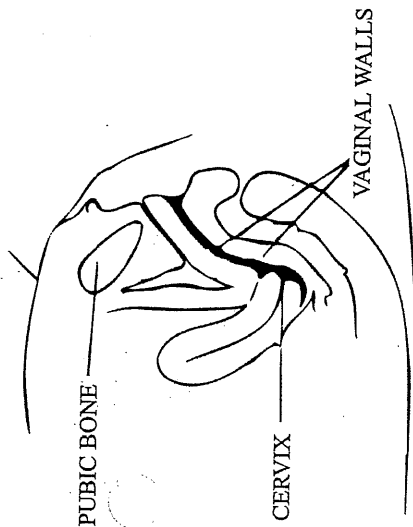
1. Longer use life
2. Does not absorb odors or secretions
3. Biologically inert material usually non-allergic



Read the entire sheet carefully, even if you have used a diaphragm in the past. If you have additional questions, ask your doctor or healthcare specialist.

ABOUT DIAPHRAGM PLACEMENT

The diagram shows the vaginal walls, the cervix (protruding slightly into the vaginal vault) and, above it, the pubic notch. When the diaphragm is properly fitted and inserted, its fits over the cervix and is tucked into the pubic notch and against the rear vaginal wall.



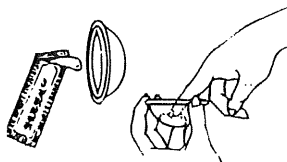
INSTRUCTIONS FOR USE:

1

PREPARING THE DIAPHRAGM FOR INSERTION

With clean hands, place the previously washed diaphragm on a flat surface with the dome of the cup down. Add spermicidal gel or cream into the cup of the diaphragm.

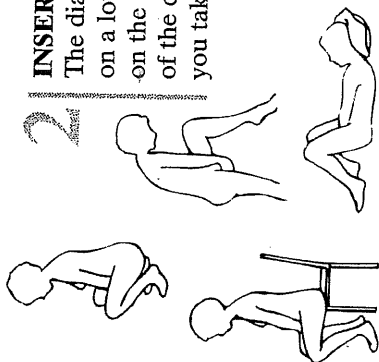
With your forefinger, spread the gel around the inside of the cup, under and around the surface of the silicone lip. Applying a thin film of gel or cream on the first entering lip of the diaphragm makes it easier to insert and helps to hold it securely in place. *Remember: In order to be effective, your diaphragm must always be used with spermicidal gel or cream.*



2

INSERTING THE DIAPHRAGM

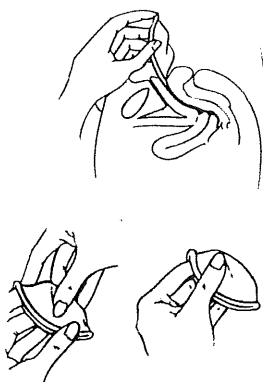
The diaphragm can be inserted while standing with one leg on a low chair or stool, lying down, squatting, or sitting forward on the edge of a chair. Remember, however that the position of the cervix and vaginal vault changes with each position that you take, so always be certain that the cervix is covered.



3

Holding the diaphragm with the dome down, press the

two notches in the diaphragm lip together. Now spread the lips of the vagina with one hand and gently insert the diaphragm (dome down) into the vagina along the rear wall as far as it will comfortably go. Your index finger can guide the diaphragm as you gently push it into place. Do not pinch the diaphragm.



4

POSITIONING THE DIAPHRAGM

Tuck the front rim of the diaphragm up into the pubic notch so it is pressed against the front wall of the vagina.

