



Cascade Women's Health
PHYSICIANS AND SURGEONS

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INSERTING THE DIAPHRAGM

Fold the diaphragm in half by pressing the middle of the opposite sides together between thumb and fingers of one hand. Hold diaphragm with the dome down to keep cream or jelly in.

Hold the lips of your vagina open with your other hand. Gently slide folded diaphragm into you vagina, placing your index finger on the rim to guide it.

Aim toward the small of the back, as if inserting a tampon. You may feel the rim pass over the cervix.

Use the index finger to push the front rim up behind the pubic bone.

To check if the diaphragm is in place: A: Insert your index finger into your vagina and touch the dome. You should feel the cervix underneath and you may also feel folds in the surface of the dome.

B: Move your index finger to the front rim of the diaphragm and make sure it is firmly in place behind the pubic bone and the posterior rim is behind the cervix.

REMOVING THE DIAPHRAGM

Put your index and middle fingers in your vagina. Work one finger behind the diaphragm to break the suction and gently pull the diaphragm down and out.