

How to Insert a Diaphragm

1. Apply spermicidal cream or jelly around the rim and inside the dome of the diaphragm. The spermicide must be on the side of the diaphragm facing or in contact with the cervix. It also can be put on both sides.
2. Squeeze the rim of the diaphragm between your fingers and insert it into your vagina. When the diaphragm is pushed up as far as it will go, the front part of the rim should be up behind a bone you can feel in front of your pelvis (the pubic bone). Tuck the front rim of the diaphragm up as far as it will comfortably go.
3. Check to see if your cervix is covered. To do this, reach inside and touch your cervix. The cervix feels something like the tip of your nose. If you have trouble finding your cervix, talk with your doctor or nurse about how to place the diaphragm. After the diaphragm is in place, the cervix should be completely covered by the rubber dome.

