

Diaphragm Contraception

By Dr. March

DIAPHRAGM

Barrier methods of contraception include condoms and diaphragm. The diaphragm is an effective barrier method of contraception but it require consistent, proper use every time a woman has sexual intercourse in order for it to be fully effective. It is also recommended diaphragm be used with spermicides and condoms. Diaphragm methods require a fitting at the doctor's office, a prescription, and a motivated woman who is comfortable and skilled with insertion. Consistent, correct use is critical.