

USE EVERY TIME



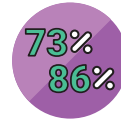
NON-HORMONAL

# DIAPHRAGM, CERVICAL CAP, SPONGE



## HOW DO I USE IT?

The Diaphragm, Cervical Cap, and Sponge are methods used with Spermicide that you use every time you have sex to prevent pregnancy. They work by blocking sperm from entering the uterus.



## HOW EFFECTIVE IS IT?

The Diaphragm is 83% effective at preventing pregnancy. The Sponge is 73% effective for those who have given birth and 86% effective for those who have never given birth. Efficacy rates for the Cervical Cap vary.



## WHAT I MIGHT LIKE...

- + You might like that these methods are hormone-free
- + You can get the Sponge at most convenience stores and pharmacies without a prescription



## WHAT I MIGHT DISLIKE...

- You have to use them every time you have sex
- You need some practice to use them right
- You might get an allergic reaction, bladder infection, or irritation from the Spermicide
- Diaphragms and Cervical Caps must be fitted by a provider and require a prescription
- You won't be protected from STIs



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