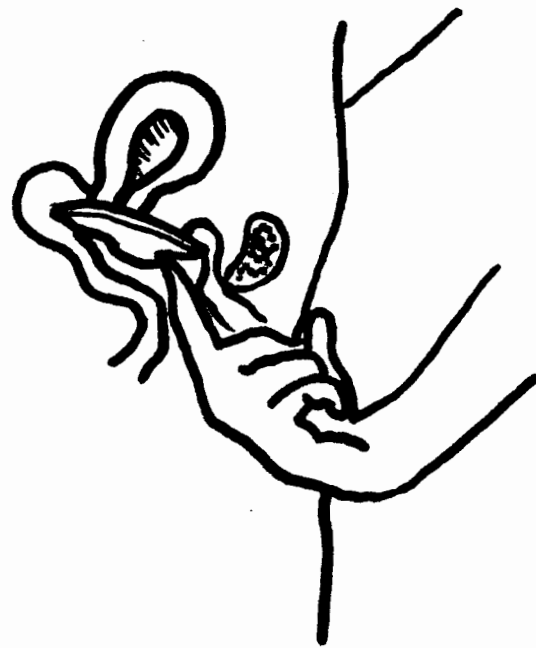
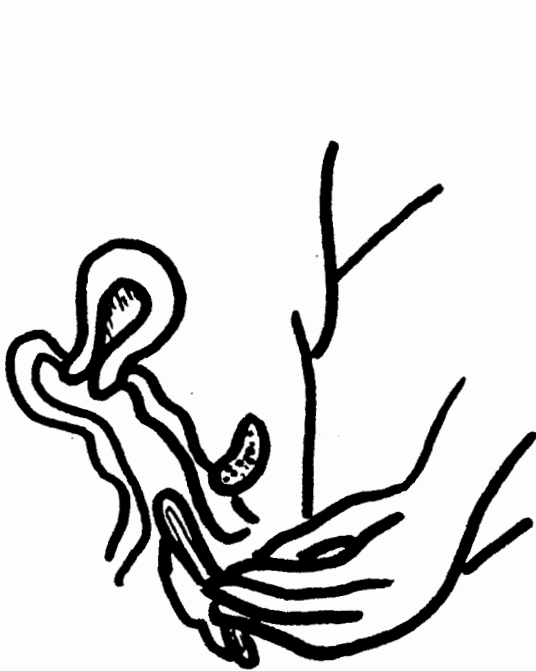


INSERTING A DIAPHRAGM

PUT ABOUT A TABLESPOON of the Jelly or CREAM IN THE DIAPHRAGM.

PRESS the OPPOSITE SIDES of the RIM TOGETHER BETWEEN THE THUMB AND THIRD FINGER SO THAT THE DIAPHRAGM FOLDS IN THE MIDDLE

SPREAD THE LIPS of the VAGINA WITH THE THUMB & FORE-FINGER of the OTHER HAND & INSERT THE FOLDED DIAPHRAGM INTO the VAGINAL CANAL. THIS MAY BE DONE WHILE STANDING, SQUATTING or LYING DOWN



GENTLY PUSH the DIAPHRAGM ALONG the BACK WALL of the VAGINA AS FAR AS IT WILL GO. MAKE SURE THE FRONT RIM of the DIAPHRAGM PASSES UNDER THE CERVIX. THE LOWER RIM IS THEN PUSHED UP BEHIND THE PUBIC BONE. RUB YOUR FINGER TIP OVER THE SOFT RUBBER SURFACE TO MAKE SURE IT IS COVERING THE FIRM CERVIX MUSCLE.

THESE ILLUSTRATIONS ARE ABOUT INSERTING THE DIAPHRAGM. THERE ARE OTHER IMPORTANT DETAILS REGARDING FITTING & USE OF THIS METHOD OF BIRTH CONTROL.

WOMEN WHO ARE INTERESTED IN GETTING A DIAPHRAGM CAN MAKE AN APPOINTMENT WITH MEMBERS of the DIAPHRAGM FITTERS COLLECTIVE. CALL THE ♀♀ HEALTH COLLECTIVE FOR MORE INFORMATION.

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