

Jelly or Cream Necessary

Diaphragms should always be used with a contraceptive cream or jelly. These chemicals kill any male sperm which may get past the diaphragm, or are still alive after the diaphragm is taken out. About a teaspoonful of contraceptive jelly or cream is placed inside the diaphragm, with some spread around the rim. Then the diaphragm is put in the birth canal with the cream or jelly side up. This can be done at any time up to six hours before sex relations. If more time has passed or sex relations are repeated later, another applicatorful of the jelly or cream should be put into the birth canal; but don't take out the diaphragm.

You should leave the diaphragm in place for at least six hours after the last sex act. However, it can be left in for up to 24 hours. When you take it out, it should be washed and dried. Douching is not necessary. If you want to douche, be sure to wait until six hours after the sex act. Otherwise the douching may weaken the diaphragm's protectiveness.

Birth Control Methods Obtainable without a Doctor

Two very effective methods of birth control are available without seeing a doctor. One is for use by the man, the other by the woman.

The Condom

The condom or "rubber" is made to be placed over the male organ (penis) just before sex relations. It keeps the man's fluid (semen) with its sperm from getting into the birth canal. Condoms are safe, reliable and can be bought without a doctor's prescription at any drugstore. Condoms are highly effective and widely used. Some men report that they dull sensation somewhat. The condom must be put on after erection. Hence, its use interrupts the sex act. For couples who find condoms acceptable, the method is highly recommended.

There is a slight possibility that the condom may break during use, or slip off after the man "comes" and releases his semen. As a result, the man's fluid may spill into the birth canal. Slipping off can be avoided if the man holds onto the condom as it is taken out of the birth canal. Breakage usually occurs because the condom is dry, and can be avoided by using vaseline or any kind of cream.

The government Food and Drug Administration checks on condoms and destroys those found defective or inferior in quality. That is why most condoms are of high quality and breakage is rare. For greater protection, the woman may use a contraceptive jelly, cream or foam at the same time the man uses a condom. She places these in the birth canal before they have sex relations. (See below for information about contraceptive jellies, creams and vaginal foams.)