

# ORTHO® ALL-FLEX® DIAPHRAGM FITTING SET

NDC 0062-3641-03

This product contains dry natural rubber.

## HOW TO FIT THE ORTHO® ALL-FLEX® DIAPHRAGM

1. To measure for diaphragm size:

Hold index and middle fingers together and insert into vagina up to the posterior fornix. Raise hand to bring surface of index finger into contact with pubic arch.

Use tip of thumb to mark the point directly beneath the inferior margin of the pubic bone and withdraw finger in this position.

2. To determine diaphragm size:

Place one end of rim of fitting diaphragm on tip of middle finger. The opposite end should lie just in front of the thumb tip. This is the approximate diameter of the diaphragm needed. Insert a fitting diaphragm of the appropriate size into the vagina.

Try both a larger and smaller size before making a decision.

3. The proper size will fit snugly in the posterior fornix and behind the pubic arch without undue pressure.

## CLEANING OPTIONS FOR THE ORTHO® ALL-FLEX® DIAPHRAGM FITTING SET

Fitting diaphragms, being devices that come in contact with intact mucous membranes, are semicritical devices that require processing with a high level disinfectant according to OSHA guidelines. The following cleaning methods have been found to be compatible with the ORTHO® ALL-FLEX® Diaphragm Fitting Set.

*The first and critically important step in preparation for any of the methods listed below is to clean the device thoroughly by scrubbing with liquid detergent and water, then rinsing well with water. This step serves to remove the majority of the bioburden in question.*

## AUTOClave METHOD

1. Autoclave at 121 degrees C and 15 psi for between 20 and 30 minutes. The time variation is dependent on whether the articles are wrapped or unwrapped. (Results of 100 autoclave cycles show the material to meet ASTM standards for tensile strength.)

2. Allow to air dry and then place in container until ready for use.

## CHLORINATION METHOD

1. Soak in a 1:10 dilution of 5% sodium hypochlorite (bleach) for 30 minutes at room temperature.

2. Rinse thoroughly with tap water.

3. Soak in 70% ethyl or isopropyl alcohol for 15 minutes.

4. Allow to air dry and then place the fitting set in a container until ready for use.

## CIDEX® (GLUTARALDEHYDE) METHOD

Note: This method requires adequate ventilation and running water.

1. Immerse in 2% CIDEX® solution for 20 minutes at room temperature.

2. Rinse and place in boiling water for 30 minutes.

3. Allow to air dry and then place the fitting set in a container until ready for use.

For further information please call Medical Information at 1-800-682-6532.

CIDEX® is a registered trademark of Johnson & Johnson.

## CONTRAINDICATIONS

ORTHO® ALL-FLEX® Diaphragm Fitting sets should not be used in patients with known hypersensitivity to latex or natural rubber.

## SPECIAL WARNINGS AND SPECIAL PRECAUTIONS FOR USE

This device is not intended for contraception.

### Duration of Use:

This device is intended for the sole purpose of properly fitting a diaphragm. It is intended to be inserted only for the time necessary for the diaphragm to be sized.

### Diaphragm Fitting:

The size and shape of the vagina change and this may require a new size diaphragm. As a matter of routine, each time a pelvic examination is performed, refitting should be done.

### Latex or Natural Rubber Sensitivity:

This product contains dry natural rubber.

Persons sensitive to latex or natural rubber may have an allergic reaction to the ORTHO® ALL-FLEX® Diaphragm Fitting Set.

## THE FOLLOWING IS FOUND IN THE LABELING FOR THE ORTHO® ALL-FLEX® DIAPHRAGM:

The ORTHO® ALL-FLEX® Arcing Spring Diaphragm is a molded, buff-colored, dry natural rubber vaginal diaphragm containing a distortion-free, dual spring-within-a-spring which provides unique arcing action no matter where the rim is compressed. It is appropriate not only where ordinary diaphragms are indicated, but also in patients with mild cystocele, rectocele or retroversion.

## ACTION

A diaphragm when properly fitted serves two purposes:

- To stop the sperm from entering the cervical canal;
- To hold the spermicide.

## INDICATIONS

The ORTHO® ALL-FLEX® Diaphragm, in conjunction with an appropriate spermicide, is indicated for the prevention of pregnancy in women who elect to use diaphragms as a method of contraception.

## CONTRAINDICATIONS

Known hypersensitivity in the user or partner to latex or to dry natural rubber and/or prior history of Toxic Shock Syndrome (TSS).

## WARNINGS

An association has been reported between diaphragm use and toxic shock syndrome (TSS), a serious condition which can be fatal.

For contraceptive effectiveness, the diaphragm should remain in place for six hours after intercourse and *should be removed as soon as possible thereafter.*

Continuous wearing of a contraceptive diaphragm for more than twenty-four hours is not recommended. Removal of the diaphragm before six hours may increase the risk of becoming pregnant. Retention of the diaphragm for any period of time may encourage the growth of certain bacteria in the vaginal tract. It has been suggested that under certain as yet unestablished conditions, overgrowth of these bacteria may lead to symptoms of toxic shock syndrome. Primary symptoms of TSS are sudden high fever (usually 102° or more), and vomiting, diarrhea, fainting or near fainting when standing up, dizziness or a rash that looks like sunburn. There may also be other signs of TSS such as aching of muscles and joints, redness of the eyes, sore throat and weakness. Patients should be instructed that if they experience sudden high fever and one or more of the other symptoms, they should remove the diaphragm and consult their physician or health care provider immediately.

The ORTHO® ALL-FLEX® Diaphragm contains dry natural rubber proteins. Persons sensitive to latex or natural rubber may have an allergic reaction to the diaphragm. If this occurs, discontinue use and consult your doctor or health care provider.

## PRECAUTIONS

Diaphragm users should be instructed to consult their physician or health care provider:

1. If they are not sure about the insertion and placement of the diaphragm

2. If they or their partner feel, or are made uncomfortable by the presence of the diaphragm

3. If they experience any discomfort or pain while the diaphragm is in place. This may be due to incorrect diaphragm insertion, an abnormal pelvic condition, constipation or incorrect diaphragm size.

4. If the diaphragm slips out of place when walking, coughing, sneezing or straining

5. If the diaphragm no longer fits snugly above the pubic bone

6. If at times other than menstruation there is blood on the diaphragm when it is removed

7. If there are any holes, tears or other deterioration of the diaphragm

8. If unable to remove the diaphragm

9. **IMPORTANT** - For contraceptive effectiveness, the diaphragm should remain in place for six hours after intercourse and *should be removed as soon as possible thereafter.* Continuous wearing of a contraceptive diaphragm for more than twenty-four hours is not recommended.

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10. The size and shape of the vagina change and this may require a new size diaphragm. As a matter of routine, each time a pelvic examination is performed, refitting should be done. Even if the diaphragm size does not change, it is advisable to replace the diaphragm every two years or sooner.

11. Diaphragms may increase the risk of urinary tract infections especially if not properly fitted. Patients should be instructed to consult their physician if they experience any of the signs or symptoms of this type of infection, which include pain on urination, blood in the urine, elevated temperature, frequent urination, or a sensation of obstruction while urinating.

12. Persons sensitive to dry natural rubber may have an allergic reaction to diaphragm use.

13. Persons sensitive to spermicides used with the diaphragm should discontinue use.

14. Petroleum jelly, mineral oil, vegetable oil and cold cream lubricants should **NOT** be used concurrently with the diaphragm. Latex-based products may deteriorate over time when repeatedly exposed to oil-based products.

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ORTHO-McNEIL

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Revised August 2006

605-10-250-7