



WHAT IS IT?

Caya® is a soft, flexible, contoured diaphragm that covers your cervix so sperm can't get in and fertilize an egg.

KEY ADVANTAGES

Use it only when you need it

Hormone-free

Latex-free

Reusable for up to two years

Eco-friendly and economical



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FROM YOUR PROVIDER

Your healthcare provider can dispense Caya to you at your appointment.

If you would like, they can also ensure it fits and teach you to insert Caya before you take it home.

3 WAYS TO Get Caya

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MAIL ORDER

Get a prescription from your provider to fulfill via mail-order pharmacy that will send it directly to your home.



LOCAL PHARMACY

Get a prescription from your provider and have it filled at your local pharmacy.

birth control in your control



HORMONE-FREE • SIMPLE • EFFECTIVE



CAYA.US.COM

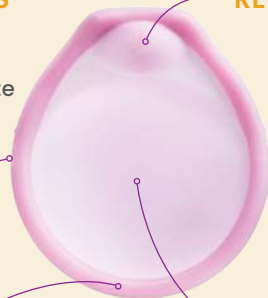
Caya

Contoured diaphragm

SMART DESIGN: By Women for Women

GRIP DIMPLES

On both sides, these indicate where to squeeze to insert Caya



REMOVAL DOME

A finger-shaped dome to help easily insert & remove Caya

FLEXIBLE & FIRM

Foldable to insert yet strong so it stays in place

CERVICAL CUP

Covers your cervix like a curved shield

HOW TO USE CAYA - BASIC STEPS

Your provider can guide you through detailed instructions and answer questions about how to safely and effectively use Caya.

LEARN ABOUT CAYA & READ OUR FAQ ONLINE

Caya.US.com/how-to-use-caya



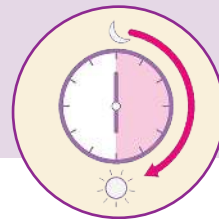
APPLY

Apply a water-based contraceptive gel to the Caya diaphragm.



INSERT

Insert Caya before having sex, making sure it covers the cervix.



REMOVE

Leave Caya in place for 6 hours after having sex before removing.



CLEAN

Wash with water and soap before storing, and reuse up to 2 years.

100%

Hormone-free! No weight gain. No migraines. Ideal while breast feeding or for some health conditions.

Caya does not prevent STIs (sexually transmitted infections).

WHAT CAYA USERS SAY:*

34%

Were more relaxed having sex with Caya

66%

Found it didn't interfere with sex

85%

Found it was easy to use

95%

Found it was comfortable

* Results from surveys in 2015 and 2016.